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Sunset

The Magazine of Western Living

1978 Index

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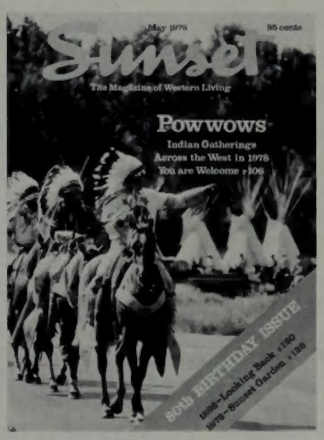

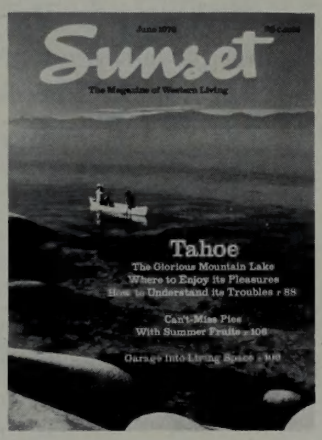

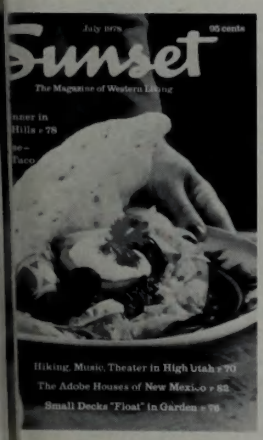

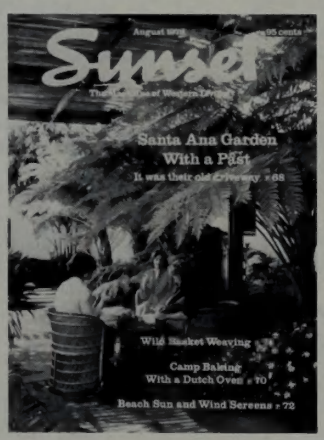

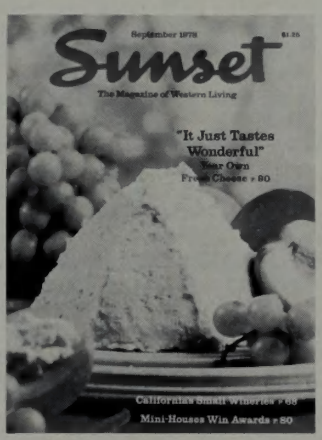

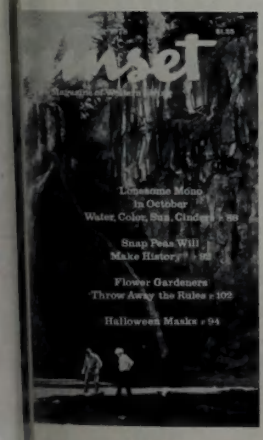

Western Gardening and Landscaping

- Flowers, shrubs, trees
- Lawns and lawn care
- Vegetables and fruits
- Landscape planning
- Container gardening
- Patios, fences, pools
- Monthly garden guides

Western Cooking and Entertaining

- Meal planning ideas
- Menus
- Foreign cookery
- Barbecuing • Baking
- Seasonal foods

Western Building, Remodeling, Crafts

- Houses and house plans
- Remodeling ideas
- Cabins, vacation houses
- Woodworking • Crafts
- Christmas ideas

Western and Worldwide Travel

- Western vacations
- Weekend trips
- Boating • Skiing
- Fishing • Camping
- Foreign travel

Environment and Environmental Action

- Community projects
- Nature
- Open space preservation

Sunset

THE MAGAZINE OF WESTERN LIVING

INDEX TO ALL EDITIONS • JANUARY 1978 TO DECEMBER 1978

Sunset Magazine is published each month in four editions. Because of the climate and other differences, many articles run in only one or two of the four editions. You can tell which edition of *Sunset* you read by looking at the contents page of the magazine. At the upper left corner you will see the name of the edition:

Northwest edition for readers in Alaska, Washington, Oregon, Idaho, Montana, and Wyoming.

Central edition for northern and central California, northern Nevada, Utah, and Colorado.

Southern California and Hawaii edition for coastal Southern California and Hawaii.

Desert edition for southeastern California, southern Nevada, Arizona, and New Mexico.

In the index listing, N denotes Northwest edition; C, Central edition; S, Southern California edition; and D, Desert edition. The word "all" tells you that an article has appeared the same month and page in all four editions. Index listings are written as follows: May 76 N, C (May, page 76, Northwest and Central editions).

TABLE OF CONTENTS FOR THIS INDEX

Travel .....

Environment and Environmental Action .....

Building and Remodeling .....

Workshop and Craft Projects .....

Home Management .....

Outdoor Building .....

Christmas Ideas .....

Food and Entertaining .....

Gardening and Landscaping .....

Travel

Africa
Ethiopia, Omo River, raft runs, Nov 34 all
Kenya, wildlife watching, Nov 66 all

Alaska
Last Grand Adventure, book review, Feb 23 all
Travel Guide to Alaska, a *Sunset* book, July 30 all

Arizona
Ajo to Gila Bend by Tucson, Cornelia and Gila Bend Railroad, May 56 S
Arcosanti, "Art in the Environment Festival", Oct 30 all
Baseball teams, Major League, exhibition games, Mar 78 all
Bullhead City, Striper Derby, June 4 D
Flagstaff, Art Institute show, contemporary prints, Aug 4 D
Havasu National Wildlife Refuge, Topock Marsh, birdwatching, Mar 68 N, 35 C
Ice fishing, where to go, cautions, Dec 3 D
Indian powwows, May 64 all
Land of Little Rain, book review, June 34 all
Laughing Boy, book review, June 34 all
Phoenix
"Celebrate Youth", Oct 3 D
Arizona Ballet, Apr 3 D
Arizona National Livestock Show, Jan 4 D
Desert Botanical Garden, Christmas luminarias, Dec 4 D
Formula 1 cars, Grand American Raceway, July 10 D
Greek Festival, May 6 D
Heard Museum, Moches art exhibit, Oct 75 all
Heard Museum, plains Indian quilt show, Sept 6 D

Arizona (contd.)
Phoenix (contd.)
"Hello Phoenix" celebration, Mar 6 D
Jogging fun runs along canals, Nov 4 D
Opera production, children's, July 7 D
Phoenix Art Museum, Calder Exhibit, Aug 20b D
Pueblo Grande Museum, Indian market, Mar 3 D
Scottsdale Center for the Arts, Indian art seminars, auction, Feb 6 D
Wrigley Mansion tours, Oct 3 D
Pinetop, fall festival, Sept 5 D
Prescott
Mile-Hi Square Dance Club festival, June 4 D
Territorial architecture, June 3 D
Prescott area, Granite Dells, Watson Lake, Willow Creek Reservoir, Aug 6 D
Scottsdale
Cosanti Foundation, new gallery, apprentice program, Oct 32 all
Flood plain greenbelt, Mar 88 S, D
Flood plain greenbelt, flood follow-up report, Apr 4 S, 6 D
Superior area, Apache Tears Mine, Jan 3 D
Tempe
Arizona State University, exploring, Sept 84 all
Formula 1 cars, Grand Prix, July 10 D
Hayden's Ferry Arts and Crafts Fair, Nov 6 D
Tubac, Festival of the Arts, Feb 5 D
Tucson
Arizona Historical Society, pupfish, Oct 4 D
Emporium of Elegance, Feb 8 D
Mercado, Sept 40 D
Paolo Soleri Exhibit, Tucson Museum of Art, Oct 30 all
Philatelic exhibition, Jan 4 D
Sonoran desert heritage program, Sept 5 D

Arizona (contd.)
Tucson (contd.)
Southwestern Mission Research Center, I
mission tours, Sonora, Mexico, Mar
University of Arizona, exploring, Sept 8
University of Arizona, summer film fest
July 8 D
Tumacacori National Monument
Christmas luminarias, Dec 4 D
Papago basket-making classes, Apr 4 D

Asia
China, Canton from Hong Kong, Sept 50
Hong Kong, Cheung Chau Island, boat t
Apr 46 all
India, Nepal, river running, Nov 34 all
Japan
Kurodani, paper making, June 56 all
Tokyo
Architecture of Kenzo Tange, Apr 7
Food adventures, Aug 62 all
Narita Airport, Sept 28 all

Beaches and Coasts
Beaches of O'ahu, book review, Jan 34 a
Bike trailer for surfboard, Feb 106a S, I
Cape Foulweather, Ore., Otter Crest loop
Sept 22 N
Capistrano Beach, Calif., Vista Point ov
restoration, May 6 S
Channel Islands, Calif., moves to protec
provide more public access, June 248
Dana Point Harbor, So. Calif., whale w
cruises, tidepooling, Feb 5 S
King Range seacoast, No. Calif., hiking
Aug 20b C; Oct 140 S, D
Lighthouse tours, No. Calif., Mar 56 C

338254

ıches and Coasts (contd.)
ıdocino, Calif., area, whale-watching
ations, Mar 4 C
port, Ore., Oregon Marine Science Center,
ents, May 56 N, D
thwest's inland sea, inns, July 46 all
npic Peninsula, Wash., beach town
xploring north of Grays Harbor, Nov 26 N
ıt Loma, Calif., Cabrillo National
lonument, Mar 100 S, D
ıt Reyes National Seashore, Calif., day
kes, Mar 104 C
et Sound, Tolmie State Park, Oct 56 N
dsport, Ore., area, Dunes National
ecreation Area, winter walking, Nov 50 all
fs, artificial, for fishing, Calif., Apr 65 S, D
Francisco, hang glider watching, Jan 3 C
Mateo County, Calif., winter activities,
ın 30 C
Pedro, Calif., White Point, Nov 3 S
ta Barbara County, Calif., Ocean Beach
ounty Park, driftwood gathering, Dec 4 S
ide, Ore., area, Tillamook Head, day hike,
ept 8 N
tle area, Puget Sound Trail, May 3 N
Calif. beach festivals, Santa Barbara to
nperial Beach, May 40 S, D
Calif.-coast, grunion watching, catching,
ıne 68 C, S, D
Calif. coastal towns, moped rentals,
ın 24 S, D
Calif. harbors, Christmas festivities,
ec 20 S, D
Calif. underwater parks, July 26 S, D
Calif. coastal waters, scientific trips,
ec 70 all
rtfishing boat trips, Pacific Coast,
pr 130 all
fishing, gathering live bait, Feb 52 all
nfishing, So. Calif. coast, Aug 20b S

ing
ıquerque area, guided tours, Apr 12 D
cle carrier, holds five bikes, Jan 66 all
camping report, *Western Travel*
dventures, a *Sunset* special-interest
ıgazine, Jan 136 all
y sacks, one-man shelters, June 52 all
p Pendleton Marine Base, Calif.,
pt 58 S, D; Oct 34 N, C
npoeg State Park, Ore., Jan 32 N, 22 C
ver, Platte River Greenway, Sept 220 all
y, Calif., area, wildflower tour, Apr 6 C
ısu National Wildlife Refuge, Ariz.,
pock Marsh, Mar 68 N, 35 C
Tahoe, Calif., bike trails, June 95 all
ston, Idaho, Levee Parkway, Sept 42 N
tebello to Long Beach, Calif. on Lario
ail, Dec 22 S, D
op, Ariz., bike race, Sept 5 D
t Loma, Calif., Cabrillo National
onument, Mar 100 S, D
Grande Valley, N. Mex., annual 100-mile
ır, Apr 12 D
Diego
ke busing, Sept 62 all
lden Hill-Sherman Heights District,
Dec 28 S, D
Fernando Valley, Calif., all-day ride with
ps, May 114 all
Francisco Bay Area, Alameda Creek bike
il, Feb 33 C
le, bike busing, Sept 62 all
erland, bike cruising, Apr 50 all
ce, Calif., exploring, Oct 38 S, D
wood Village, Venice, Calif., bike races,
pt 46 S, D
bey Island, Wash., biking, Feb 17 N

ting
eda, Calif., San Francisco in the Water
at Show, Sept 8 C
River canoeing, Mendocino, July 53 C
er's gear bags, waterproof closures,
ly 42 all

Boating (contd.)
Boats, model, watching, So. Calif., Sept 36 S, D
Cache Creek Canyon Regional Park, No. Calif.
River rafting, June 70 C; Aug 6 C
Canoeing
Canoe, kayak events, So. Calif., Nov 52 N, 21 S, D
Havasu National Wildlife Refuge, Ariz., Topock Marsh, Mar 68 N, 35 C
Lake Shannon, Wash., Apr 61 N
Marin Islands, San Francisco Bay, studying bird life, Apr 68 C
Quetico Provincial Park, Ontario, Apr 105 all
University of Washington arboretum, Seattle, Aug 3 N
Fremont, Calif., Central Park, sailing, May 56 C
Lewiston, Idaho, Levee Parkway, Sept 42 N
Northwest whitewater river runs, Ore., Wash., Idaho, Mont., Wyo., May 38 N
Olympia, Wash., Percival Landing Park, guest moorage, Oct 37 N
Port Townsend, Wash., wooden boat festival, Sept 5 N
River running, foreign countries, Nov 34 all
Sacramento, Elkhorn Bridge riverbank park, July 32 all
San Francisco Bay Area, radio-controlled model boats, watching, June 50 C
San Pablo Reservoir, San Francisco East Bay, nonmotorized boats, Apr 43 C
Stanislaus River, No. Calif., rafting outfitters, July 8 C
Storage containers, waterproof, July 88 all

Book Reviews
Beaches of O'ahu, Jan 34 all
Beautiful Hawaii, a *Sunset* book, Jan 34 all
British Columbia Fishing Guide, Apr 4 N
California Quail, Apr 96 all
California recreation maps, guides, Dept. of Fish and Game, Oct 4 S
Central Coast Wine Tour, May 82 all
Central Colorado Ski Tours, Nov 4 C
Coyote: Defiant Songdog of the West, Apr 96 all
Death Comes for the Archbishop, June 34 all
Delight Makers, June 32 all
Getting the Best Value for your vacation dollar, U.S. Travel Service pamphlet, Apr 80 all
Ghost Towns of the West, a *Sunset* book, Apr 58 all
Guide to Architecture in Los Angeles & Southern California, Dec 30 all
Guide to Architecture in San Francisco & Northern California, Dec 30 all
Guide to Historic Places in Los Angeles County, Oct 68 S, D
Guide to Western Skateboard Parks, Oct 50 S, D
Hawaii, a *Sunset* book, Jan 34 all
Helpful Hints for Older Travelers, U.S. Travel Service pamphlet, Apr 80 all
Hidden Villages of California, May 4 C
I Remember El Dorado County, Feb 6 C
Land of Little Rain, June 34 all
Land of Poco Tiempo, June 32 all
Last Grand Adventure, Feb 23 all
Laughing Boy, June 34 all
Man Who Killed the Deer, June 34 all
Montana Department of Highways Guidebook, Dec 50 all
Napa Valley Wine Tour, May 82 all
"Now Where?", Oct 48 N
Oregon for All Seasons, Oct 48 N
Oregon for the Curious, Oct 48 N
Roofs over Rivers, Oct 48 N
RV Service and Repair Directory, Feb 56 all
Ski Touring in Northern Yellowstone National Park, Dec 4 N
Sonoma & Mendocino Wine Tour, May 82 all
Travel Guide to Alaska, a *Sunset* book, July 30 all
Travel Guide to New Zealand, a *Sunset* book, Sept 24 all
Travel Guide to Oregon, a *Sunset* book, Oct 48 N

Book Reviews (contd.)
Travel Guide to Washington, a *Sunset* book, July 30 all
Travel Tips for the Handicapped, U.S. Travel Service pamphlet, Apr 80 all
Traveling with Pets, U.S. Travel Service pamphlet, Apr 80 all
Understanding Avalanches, handbook for travelers, Mar 4 N
Views of Los Angeles, Oct 68 S, D
Western Campsites 1978, a *Sunset* annual, Mar 38 all
Western Travel Adventures, a *Sunset* special-interest magazine, Feb 76 all
Western Travel Adventures, a *Sunset* special-interest magazine, Jan 136 all
Wine, an Introduction, May 82 all
You See San Diego, Dec 30 all
Your Rights and Responsibilities, U.S. Travel Service pamphlet, Apr 80 all

California
Alameda, San Francisco Bay in the Water Boat Show, Sept 8 C
Amador City, Amador Hotel, fund-raising celebration, May 62 C
Anaheim
Hollywood Bowl workshops, June 3 S
Vintage house tour, Apr 4 S
"Wild Wild Wet", water slide, Aug 3 S
Antelope Valley
Colombo Lilac Ranch, Apr 6 S
Wildflower tour, Apr 110 all
Anza-Borrego Desert State Park, desert walks, wildflowers, Mar 4 S
Bakersfield, by rail from Los Angeles, Sept 6 S
Barstow, Mojave River Valley history, Jan 3 S
Barstow area, Lake Dolores, water slide, Aug 3 S
Berkeley
UC Art Museum, restaurant, Nov 4 C
UC Lawrence Hall of Science, May 3 C
Big Basin Redwoods State Park, west of San Jose, June 3 C
Big Bear Lake, Goldmine Ski Area, Alpine slide, Aug 3 S
Big Pine area, Palisade Glacier hike, June 28 N
Briones Reservoir, near Orinda, Bear Creek Trail, Oct 4 C
Cabrillo National Monument, tidepooling, wildflowers, lighthouse, Mar 100 S, D
Cache Creek Canyon Regional Park
river rafting, June 70 C
river rafting, correction of June article, Aug 6 C
Calaveras Big Trees State Park, winter nature walks, Feb 50 all
California Academy of Sciences, new displays, Nov 112 all
Calistoga, Steam Railroad, Aug 28 C
Camp Pendleton Marine Base, exploring, biking, camping, Sept 58 S, D; Oct 34 N, C
Canoga Park, antique shops, festival, Oct 34 S, D
Capistrano Beach, Vista Point Overlook restoration, May 6 S
Carmel Valley, Hidden Valley Opera Ensemble, Mar 6 C
Catalina Island, Lovers Cove, viewing underwater world, July 28 S, D
Central Coast Wine Tour, book review, May 82 all
Central Valley, catfish farms, Aug 30 all
Channel Islands, moves to protect, provide public access, June 248 all
Chatsworth area, Santa Susana Mountains, guided walks, Feb 44 S, D
Cherry Valley, pottery workshops, June 4 S
Chino, Experimental aircraft fly-in, Apr 62, S, D
Claremont
Brass Rubbing Studio, Aug 20d S, D
Rancho Santa Ana Botanic Garden, wildflowers, Apr 110 all
Colusa National Wildlife Refuge, migrating birds, Oct 6 C
Costa Mesa, Fourth Step Theatre, Nov 25 S, D

California (contd.)
Covelo area, Round Valley, May 38 C
Dana Point Harbor, whale watching, tidepooling, Feb 5 S
Davis
Art gallery tour, Artfest, Oct 3 C
Energy home, office tour, Aug 4 C
Death Valley National Monument
Borax Museum, Dec 58 N, C
Discovery trip, Jan 54 all
El Dorado County, *I Remember*, book review, Feb 6 C
El Monte area, Whittier Narrows Recreation Area, miniature car races, Jan 6 S
Escondido area, Wild Animal Park, June 78 all
Eureka, crab-fishing industry, Mar 264 all
Humboldt Cultural Center, Romano Gabriel sculptures, July 45 C; Aug 28 N
Fallbrook, Stewart Lithia Tourmaline Mine, rockhounding, Nov 88 all
Farallon National Wildlife Preserve, marine bird colonies, boat trips, Apr 48 C
Farm-trails tours, Northern California, July 26 C
Fillmore, fish hatchery, July 53 S, D
Fountain Valley, landsailers, Mile Square Park, July 10 S
Fremont, Central Park, sailing, biking, jogging, May 56 C
Gilroy area, wildflower bike tour, Apr 6 C
Glendale, National Watercolor Society exhibition, Nov 4 S
Grass Valley, historical tour, May 62 C
Guerneville, Korbel champagne cellars, Mar 6 C
Hidden Villages of California, book review, May 4 C
Horse shows, No. Calif., Sept 36 C
Indian powwows, May 64 all
Irvine
American Int'l Galleries, automatic musical machines, Apr 82 all
Antique motorcycle rally, Sept 8 S
King Range seacoast, hiking, Aug 20b C; Oct 40 S, D
La Jolla
Athenaeum, midday miniconcerts, Sept 21 S, D; Oct 44 C
San Diego-La Jolla underwater park, July 28 S, D
Laguna Beach, underwater park, July 28 S, D
Lake Tahoe, old-fashioned pleasures, contemporary problems, June 88 all
Lassen Volcanic National Park
Skiing, snowshoe walks, Dec 20 C
Warner Valley, exploring, June 42 all
Lompoc, flower festival, June 28b C, 50 S, D
Long Beach
El Dorado Park, model boats, Sept 36 S, D
Sailing ship *Eagle*, open house, Aug 6 S
Los Angeles
Century City, International Film Exposition, Apr 84 all
Fairfax Avenue Jewish markets, bakeries, Jan 30 S, D; Apr 62 N, C
Festival of Masks, Oct 4 S
Fire stations, May 3 S
Grand Central Public Market, Mexican Mercado, Aug 112 S, D
Griffith Park Zoo, condor, Sept 54 all
Guide to Architecture in Los Angeles & Southern California, book review, Dec 30 all
Hancock Park nature walk, Apr 12 all
Jazz concerts, June 102 all
Library Information for Neighborhood Knowledge (LINK), Apr 48 S, D
Los Angeles County Museum of Art
Mexican art exhibit, July 45 S, D
Women's swimsuit display, June 28d S, D
Los Angeles Craft and Folk Art Museum, French folk art exhibit, Aug 38 all
Los Angeles Municipal Art Gallery, Latino art exhibit, July 45 S, D
Music Center, Academy Awards 50th anniversary, Mar 53 S, D
Natural History Museum, Minerals and Gems, June 85 S, D

California (contd.)
Los Angeles (contd.)
Newsstands, worldwide, Mar 35 S, D
Pyramid Birds—Parrotdise, Mar 35 S, D
Rail excursions to Bakersfield, Sept 6 S
Restaurants, old-time, Mar 68 C, 82 N
Santa Monica Boulevard Middle Eastern and Indian foods, July 66 S, D
Schindler House benefit open house, June 4 S
Security Pacific Plaza, movie costume display, June 28d, S, D
Sports museum and sports library, Mar 46 all
Swimwear factory tours, Apr 44 S, D
Universal Studios, tour reservations, Dec 4 S
UCLA, Moche art exhibit, Oct 75 all
USC, Arnold Schoenberg Institute, Mar 6 S
Views of Los Angeles, book review, Oct 68 S, D
Los Angeles area
Guide to Historic Places in Los Angeles County, book review, Oct 68 S, D
Hollywood Bowl
Park-and-ride program, July 60 S, D
Workshops, June 3 S
Mariachi bands, Oct 22 all
Paddle tennis, May 61 S, D
Vehicles, old-time, renting, Nov 46 S, D
West Hollywood, Melrose night walk, Sept 42 S, D
Westwood, world festival, Oct 36 S, D
Westwood Village, bicycle circuit race, Sept 46 S, D
Los Padres National Forest, Mount Abel to Mount Pinos trail, day hike, Sept 40 S
Mammoth Lakes, Sierra Festival of the Performing Arts, Aug 36 S, D
Marysville, Stampede and Gold Rush River Rock, May 4 C
Mendocino
Big River, canoeing, July 53 C
Mozart concerts, Jan 6 C
Mendocino area, Whale-watching stations, Mar 4 C
Menlo Park, Allied Arts Guild, guided tours, July 8 C
Mission San Jose, East Bay's oldest community, Apr 56 C
Mojave Desert
East Mojave Desert exploring, Mar 54 S, D
Land of Little Rain, book review, June 34 all
Loop trip on backroads, Nov 46 N, C
Trona Pinnacles, Searles Dry Lake, Nov 52 S, D
Mono country, exploring, Oct 86 all
Monterey area, Laguna Seca Raceway, Monterey historic automobile races, Aug 3 C
Mountain View, Oriental restaurants, Dec 42 C
Mount Tamalpais, hiking, trailside clubhouses, Jan 24 C
Napa Valley Wine Tour, book review, May 82 all
National City, The Gourd Farm, Feb 18 S, D
Newport Beach, Newport Harbor Art Museum
Antique show, Sept 6 S
Carousel animals display, Dec 46 S, D
Community effort, May 46 S, D
Northern California
Guide to Architecture in San Francisco & Northern California, book review, Dec 30 all
Vehicles, old-time, where to ride, Oct 66 C
Norco, horse week, Mar 3 S
Oakland
Camron-Stanford House, tours, Oct 46 C
Holy Names College, Mora paintings, Nov 52 C
Museum on Wheels, Children's Tactile Museum, Apr 88 all
Oakland Museum native foods feast. Jan 4 C
Oakland Museum restaurant, Nov 4 C
Orange, antiques, Labor Day street fair, Aug 34 S, D
Orange County
Philharmonic music mobile brings music to schools, Apr 88 all
Vehicles, old-time, renting, Nov 46 S, D
Orland, Glenn County Fair, June 4 C

California (contd.)
Oxnard, fisherman's wharf, shopping, dining complex, Sept 22 S, D
Palm Desert, Living Desert Reserve, Feb 5 S
Palm Desert Reserve, flood's aftermath, wild creature hospital, Mar 6 D
Palm Springs
California Angels' exhibition games, Mar 78 all
Desert Museum, fall activities, Oct 58 all
Desert Museum, southwest paintings, Nov 4 D
Palos Verdes Peninsula, White's Point, under water nature trail, July 26 S, D
Pasadena
Architectural treasure tours, June 70 S, D
Craftsman House bus tours, Nov 4 S
Croquet tournament, Sept 88 all
Frisbee World Championships, Aug 40 all
Pacificulture-Asia Museum, Polynesian art exhibit, July 7 S
Pebble Beach, concours d'elegance, Aug 3 C
Pigeon Point Lighthouse tours, Mar 56 C
Point Arena Lighthouse tours, Mar 56 C
Point Reyes National Seashore
Bird observatory banding, Apr 61 C
Day hikes, Mar 104 C
Lighthouse tours, Mar 56 C
Tule elk herd, Oct 50 C
Prairie Creek Redwood State Park, near Eureka, wildflower walking, May 42 all
Red Bluff, Victorian house tour, July 60 N,
Redlands, community circus, May 36 S, D
Richmond
Bart/Amtrak connection, Apr 4 C
Castro Point Railway Museum, Nov 45 C
Point Richmond, community action, Sept 40 C
Round Valley, Covelo area, exploring, May 38 C
Sacramento
Old Sacramento State Historic Park, railroad museum, Jan 36 C, S, D
Sacramento Film Festival, Jan 6 C
Sacramento River, Elkhorn Bridge fishing access, July 32 all
Salinas
Courthouse sculptures, Apr 44 N, 65 C
Salt Flats hoedown, July 7 C
San Andreas, Calaveritas mini-marathon, Oct 37 C
San Bernardino Mountains, Mill Creek Canyon, Big Falls hike, June 6 S
San Diego
Aerospace Museum Recovery Fund, May 104 S, D; June 8 N
Balboa Park, Florida Canyon nature walk July 25 S, D
Balboa Park, Shakespeare Festival, May 104 S, D; June 8 N
Bike busing, Sept 62 all
Gaslamp District, farmers' markets, Nov 45 S, D
Golden Hill-Sherman Heights District, driving or bike tour, Dec 28 S, D
Heritage Square, historic building preservation, Feb 188 all
Long-Waterman Mansion tour, Aug 4 S
Model boat watching, Sept 39 S, D
Natural History Museum, dairy farm benef Apr 4 S
Navy birthday celebration events, Oct 3 S
Old Town San Diego, Mexican fiesta, Nov 6
Penasquitos Canyon, potential park, May 4
Presidio Park, May 38 S, D
San Diego-La Jolla underwater park, July 28 S, D
Theater, live, downtown area, Aug 20 S,
"Wild Wild Wet", water slide, Aug 3 S
You See San Diego, book review, Dec 30
San Diego area, mariachi bands, Oct 22 all
San Diego County
San Diego to Imperial County by State Hw 94, Apr 98 all
Vernal pools, Mar 4 S
San Fernando Valley, bike ride, all-day, May 114 all

ifornia (contd.)
Francisco
rchitects' headquarters, tours, June 3 C
rtists' Soap Box Derby, May 37 C
ay to Breakers Race, May 46 C
alifornia Academy of Sciences, Peruvian display, June 30 all
e Young Museum Art School brings art to school children, Apr 88 all
owntown center, free museum, Nov 21 C
xploratorium, new exhibits, June 6 C
rench Folk Art Exhibit, Aug 38 all
olden Gate Park, Muni buses, Feb 6 C
olden Gate Park, roller skating, July 7 C
rand National Rodeo, Horse Show, and Livestock Exposition, tour, Oct 38 C
uide to Architecture in San Francisco & Northern California, book review, Dec 30 all
ang gliding, oceanside bluffs, Jan 3 C
eritage walks, Dec 60 all
istorical walking tour program, May 74 all
ish import shops, bakeries, Mar 44 all
ish music, dance, parades, art, football, Mar 104 N, S, D, 88 C
ıpantown, pamphlet guide, Oct 4 C
ogging, six routes, July 66 C; Sept 36 N
luseum cafes, Nov 3 C
lusic, dance in churches, Dec 3 C
orth Beach after-dinner concerts, Feb 8 C
arks with free-run areas for dogs, Mar 3 C
ailing ship *Eagle* open house, Aug 6 C
an Francisco Earthquake, 1906, Commemorative Activities, Apr 66 C
occer, semipro, Balboa Stadium, Oct 20d C
ine tastings, public, Nov 28 all
Francisco Bay area
oat models, radio-controlled, June 50 C
andlestick Point State Recreation area, Apr 336 all
raft, art sales, colleges, art schools, Dec 28 C
Bay Regional Park District
lameda Creek bike trail, Feb 33 C
nnual membership fees, Nov 4 C
ird walks, Sept 6 C
lack Diamond Mines Preserve, guided hike, Feb 5 C
ission Peak Preserve, May 104 C
arks with free-run areas for dogs, Mar 3 C
oint Pinole Shoreline Park, fishing pier, Mar 54 C
ınol Wilderness, backpack camp, Dec 6 C
ınol Wilderness, hiking, birding, Feb 43 C
activities, Mar 104 N, S, D, 88 C
Trancos Woods community marching ınd, Jan 60 all
in Islands, studying bird life from canoe, pr 68 C
ourses, new, Feb 18 C
k climbing, six locations, Sept 5 C
Pablo Reservoir, fishing, boating, hiking, pr 43 C
ile arts, three schools, May 70 C
sure Island, lighthouse lore exhibit, Mar 56 C
Gabriel Mountains, ski touring, b 46 S, D
Jose
ıcific Peoples Theatre Festival, Aug 20a C
n Jose Museum of Art, Calder Exhibit, May 61 C
Jose area
maden Quicksilver County Park, Nov 25 C
ission San Jose, Apr 56 C
Luis Obispo, California Puppet Theater, ly 8 S
Marino
ıntington Library, Art Gallery, and Botanic Gardens, new developments, Feb 62 C, S, D; limited Sunday admissions, Dec 4 S
Mateo County
aches, winter activities, Jan 30 C
emorial Park, waterfall hike, Nov 6 C
Pedro, White point, Nov 3 S
Simeon State Historical Monument, pr 336 all

California (contd.)
Santa Ana Mountains and San Juan Bear Canyon trails, Dec 58 S, D
Santa Barbara
Clenet coachworks, Mar 53 C, 68 S, D
Old Spanish Days Fiesta, Aug 6 S
Santa Barbara Botanic Garden, wildflowers, Apr 110 all
Summer solstice celebration, June 9 S, D
Victorian architecture bus tours, July 8 S
Zoological gardens, Apr 3; May 9 N; Sept 23 C
Santa Barbara area
Gaviota Peak hike, June 28b S, D
Sunburst Farms tours, markets, July 7 S
Santa Barbara County, Ocean Beach County Park, driftwood collecting, Dec 4 S
Santa Catalina Island, tile, Nov 30 all
Santa Clara County, tennis court map, Apr 4 C
Santa Monica Mountains, Coldwater Canyon Park, tree people project, Sept 67 S, D
Southern California
Air touring, Nov 74 all
Art sales, student, Dec 44 S, D
Beach festivals, Santa Barbara to Imperial Beach, May 40 S, D
Biking across Los Angeles Basin on Lario Trail, Dec 22 S, D
Botanical walks, field trips, Jan 32 S, D
Canoe, kayak events, Nov 52 N, 21 S, D
Christmas festivities, So. Calif. harbors, Dec 20 S, D
Christmas open houses, antique shops, Dec 3 S
Coastal waters, scientific field trips, Dec 70 all
Guide to Architecture in Los Angeles & Southern California, book review, Dec 30 all
Moped rentals, coastal towns, Jan 24 S, D
Oktoberfests, family-oriented, Sept 5 S
Organ, pipe, recitals, Apr 61 S, D
Reefs, artificial, for fishermen, Ventura to San Diego, Apr 65 S, D
Skateboard watching, Oct 48 S, D
Trout, October stream fishing, Oct 20d S, D
Sonoma & Mendocino Wine Tour, book review, May 82 all
Sonoma County, Valley of the Moon, sampling four parks, Oct 38 N
South El Monte, Legg Lake, model boat watching, Sept 36 S, D
Stanford, linear accelerator, May 328 all
Stanislaus River, rafting outfitters, July 8 C
State park system, 50 years, Apr 336 all
State parks, one-page guide, Dec 6 C
Sunol Regional Wilderness, No. Calif., hiking, birding, Feb 43 C
Temple City, camellia festival, Feb 6 S
Truckee, after-ski, Feb 44 C
Turlock, Turkey Festival, Oct 56 C, S, D
Vacation aids, maps, guides, Dept. of Fish and Game, Oct 4 S
Van Nuys, Busch Bird Sanctuary, model boat watching, Sept 36 S, D
Venice
Bicycle circuit race, Sept 46 S, D
Brass Rubbing Center, Aug 20d S, D
Exploring on foot, bikes, skates, Oct 38 S, D
Ventura whale-watching expeditions, Jan 4 S
Volleyball tournaments, amateur, No. Calif., Apr 3 C
Walnut, Hollywood Bowl workshops, June 3 S
Wildflowers, north coast redwood parks, May 42 all
Wineries, 130 small you can visit, Sept 68 all
Woodland Hills, arts on the move, Oct 20b S, D

Camping
Big Basin Redwoods State Park, No. Calif., June 3 C
Bike camping resort, *Western Travel Adventures*, a *Sunset* special-interest magazine, Jan 136 all
Boise-Twin Falls, Idaho, area, Three Island Crossing State Park, May 6 N
California state parks, guide, Dec 6 C

Camping (contd.)
Camp Pendleton Marine Base, Calif., Sept 58 S, D
Champoeg State Park, Ore., Jan 32 N, 22 C
Lassen Volcanic National Park, Calif., Warner Valley, June 42 all
Mojave Desert, Calif., back road loop trip, Nov 46 N, C
Hypothermia, March 48 all
Lassen Volcanic National Park, Calif., Warner Valley, June 42 all
Mojave Desert, Calif., back road loop trip, Nov 46 N, C
Mojave Desert, Calif., exploring, Mar 54 S, D
Mono Country, Calif., Oct 86 all
Prescott, Ariz., area, Watson Lake, Willow Creek Reservoir, Aug 6 D
Ruby Mountains, Nev., Aug 34 N, C
RV rental program, Feb 56 all
RV Service and Repair Directory, book review, Feb 56 all
San Francisco Bay area, Sunol Regional Wilderness, backpack camp, Dec 6 C
San Mateo County, Calif., Memorial Park, Nov 6 C
Valley of the Moon parks, Sonoma County, Calif., Oct 38 N
Wasatch Mountains, Utah, July 70 all
Western Campsites 1978, Sunset book, Mar 38 all

Canada
Alberta, Indian powwow, Calgary stampede, May 68 all
British Columbia
British Columbia Fishing Guide, book review, Apr 4 N
Fort Steele, re-created boom town, June 66 all
Gulf Islands, inns, July 46 all
Vancouver
Gastown Fisherman's Market, May 34 N
Grouse Mountain, hang gliding Aug 6 N
North Coast Indian art, Museum of Anthropology, May 70 N, S, D
Pacific Rim Kite Contest, Apr 48 N
Victoria, Victorian days, May 46 N
Ontario
Niagara Falls, steam train trip, July 34 all
Quetico Park, wilderness canoeing, Apr 105 all

Colorado
Aspen
Aspen Ruggerfest, Sept 6 C
Summer activities, June 72 all
Boulder, shuttle bus, free, May 78 all
Central City, what to see, do, July 54 all
Central Colorado Ski Tours, book review, Nov 4 C
Denver
"A Night in Old Denver", Aug 4 C
Art exhibit, old masters, Mar 4 C
Colorado fall charity horse show, Sept 39 C
Denver Art Museum
Moches art show, Oct 75 all
Terrace restaurant, Nov 4 C
Folk life festival, May 6 C
Larimer Square, festivities, Dec 54 all
Molly Brown's mansion, May 96 all
Platte River Greenway, Sept 220 all
Shopping, western stores, Dec 38 all
Volleyball tournament, amateur, Apr 3 C
Wazee Saturday market, May 98 all
Durango, *Silverton Train*, narrow-gauge, Aug 60 all
Fairplay, South Park City, reconstructed mining town, July 36 all
Golden, Table Mountain Ranch fall dressage, Sept 39 C
Indian powwows, May 66 all
Loveland, Morgan show, Sept 39 C
Ski reports, Jan 6 C
State parks, mail-order tickets, June 4 C
Steamboat Springs, major ski resort, Nov 26 C, S, D

Cruises and Boat Trips

Cheung Chau Island, Hong Kong adventure trip, Apr 46 all
Dana Point Harbor, So. Calif., whale watch cruises, Feb 5 S
Farallon National Wildlife Preserve, west of San Francisco, bird colonies, Apr 48 C
Rhine valley, Mainz to Cologne, Mar 62 all
Switzerland, bike cruising, Apr 50 all
Switzerland, steamer from Interlaken to Thun, July 62 all
Ventura, Calif., whale-watching expeditions, Jan 4 S

Desert

Antelope Valley, Calif., wildflower tour, Apr 110 all
Anza-Borrego Desert State Park, Calif., walks, wildflowers, Mar 4 S
Death Valley National Monument, Calif.,
Borax Museum, Dec 58 N, C
Discovery trip, Jan 54 all
Las Vegas area high desert loop trip, Jan 38 all
Mojave Desert, Calif.
East Mojave Desert, exploring, Mar 54 S, D
Land of Little Rain, book review, June 34 all
Loop trip on back roads, Nov 46 N, C
Trona Pinnacles, Searles Dry Lake, Nov 52 S, D
Palm Desert, Calif., living desert reserve, animal hospital, Mar 6 D
Palm Springs, Calif., Desert Museum, fall activities, Oct 58 all
Tucson, Sonoran desert heritage program, Sept 5 D
Yuha Desert Basin, east of San Diego, fossilized oysters, Oct 20b S, D

Europe and Middle East

Austria, Vienna, Rathausplatz, Christmas fair, Dec 72 all
England
Dorchester, Hardy festival, Aug 26 all
London, new subway from Heathrow Airport, Oct 28 all
Romsey area, Hillier Gardens and Arboretum, May 319 S, D
France, Nice area, art museums, June 46 all
Germany, Mainz to Cologne, Rhine cruise, Mar 62 all
Hiking trail network, *Western Europe*, June 38 all
Medical help, obtaining, Nov 97 all
River running, Norway, Poland, France, Yugoslavia, Nov 34 all
Romania, Transylvania, on Dracula's trail, Oct 80 all
Spain, Barcelona, Gaudi architecture tours, May 90 all
Switzerland
Bike cruising, Apr 50 all
Thun, by steamer from Interlaken, July 62 all
Turkey, Euphrates river runs, Nov 34 all
Yugoslavia
Dubrovnik, walking medieval wall, Sept 56 all
Zagreb, Gornji Grad, folk art shopping, Nov 16 all

Exhibits and the Arts

"*Art in the Environment Festival*", Arcosanti, Ariz., Oct 30 all
Academy Awards 50th anniversary, Los Angeles Music Center, Mar 53 S, D
Aerospace Museum, Balboa Park, San Diego, May 104 S, D; June 8 N
Aircraft, experimental, fly-in, Chino, Calif., Apr 62 S, D
Aircraft, vintage, shows, near Coeur d'Alene, Idaho, June 110 N
Antique festival, Canoga Park, Calif., Oct 34 S, D
Antique show, Newport Harbor Art Museum, Newport Beach, Calif., Sept 6 S

Exhibits and the Arts (contd.)

Architectural Preservation Gallery, Portland, Apr 3 N
Architecture
Kenzo Tange, Tokyo, Apr 74 all
Gaudi, Barcelona, Spain, May 90 all
Territorial, Prescott, Ariz., June 3 D
Victorian, bus tours, Santa Barbara, July 8 S
Victorian, Golden Hill-Sherman Heights District, San Diego, Dec 28 S, D
19th-century churches, Portland, Dec 20 N
Art gallery tour, Davis, Calif., Oct 3 C
Art Institute show, contemporary prints, Flagstaff, Ariz., Aug 4 D
Art museum, Newport Harbor, Newport Beach, Calif., May 46 S, D
Art museums, Nice, France, area, June 46 all
Art sales, student, Calif., Dec 44 S, D
Art shows
Albuquerque artists, Jan 4 D
Calder, Phoenix Art Museum, Aug 20b D
Calder, Portland Art Museum, June 80 N
Calder, San Jose Museum of Art, May 61 C
Contemporary Latino, Los Angeles Municipal Art Gallery, July 45 S, D
Mexican, Los Angeles County Museum of Art, July 45 S, D
Moches, Los Angeles, Phoenix, Denver, Oct 75 all
Art, music, dance, Irish, San Francisco Bay area, Mar 104 N, S, D, 88 C
Art, old masters, art museum, Denver, Mar 4 C
Art, Spanish colonial, Santuario De Guadalupe, Santa Fe, June 6 D
Artifacts, Peruvian, San Francisco, June 30 all
Artists, lessons, brought to San Francisco children, De Young Museum, Apr 88 all
Artquake, Portland, Sept 6 N
Arts and crafts fair, Tempe, Ariz., Nov 6 D
Arts and crafts festival, Tubac, Ariz., Feb 5 D
Arts festival, Park City, Utah, July 70 all
Arts festival, Salt Lake City, June 86 all
Arts Institute, Snowbird, Utah, July 70 all
Arts on the move, Woodland Hills, Calif., May 4 S
Arts, Polynesian, Pacificulture-Asia Museum, Pasadena, July 7 S
Arts, textile, San Francisco Bay Area schools, May 70 C
Asian day, near Tacoma, Sept 6 N
Automobile races, historic, Monterey, Calif., Aug 3 C
Ballet, Arizona, Apr 3 D
Balloon fiesta, Albuquerque, Oct 52 all
Bands, mariachi, Los Angeles, San Diego, Oct 22 all
Beach festivals, So. Calif., May 40 S, D
Bigfoot Center, Hood River, Ore., Nov 45 N
Boat festival, Port Townsend, Wash., Sept 5 N
Boat models, radio-controlled, watching, San Francisco Bay area, June 50 C
Boat show, Alameda, Calif., Sept 8 C
Boats, model, watching, So. Calif., Sept 36 S, D
Books, documents, Huntington Library, San Marino, Calif., Feb 62 C, S, D
Brass rubbings, Venice, Claremont, Calif., Aug 20d S, D
Carousel animals display, Newport Center, Calif., Dec 46 S, D
Carousel carving display, Portland, Mar 4 N
Carousels, antique, Portland area, June 3 N
China painters' convention, Olympia, Wash., Apr 4 N
Christmas concerts, voz vaqueros choir, Las Cruces, N. Mex., Dec 6 D
Christmas fair, Vienna, Austria, Dec 72 all
Christmas festivities, So. Calif. harbors, Dec 20 S, D
Christmas luminarias, Phoenix, Tumacacori, Dec 4 D
Christmas open house, Newport Harbor Art Museum, Calif., Dec 46 S, D
Christmas open houses, So. Calif. antique shops, Dec 3 S
Christmas plays, processions, music, dances, New Mexico, Dec 82 all
Circus, community, Redlands, Calif., May 36 S, D

Exhibits and the Arts (contd.)

Concert, Mother's Day, Rio Grande Zoo, Albuquerque, May 4 D
Concerts, after-dinner, San Francisco's North Beach, Feb 8 C
Concerts, ballet, Aspen, Colo., June 72 all
Concerts, exhibits, Arnold Schoenberg, USC, Los Angeles, Mar 6 S
Concerts, jazz, Los Angeles, June 102 all
Concerts, jazz, Madrid, N. Mex., July 7 D
Concerts, Mammoth Lakes, Calif., Aug 36 S, I
Concerts, midday mini, La Jolla, Calif., Sept 21 S, D; Oct 44 C
Concerts, Mozart, Mendocino, Calif., Jan 6
Concours d'elegance, Pebble Beach, Calif., Aug 3 C
Craft workshops, entertainment, Hollywood Bowl, So. Calif., June 3 S
Craft, art sales, campuses, colleges, art schools San Francisco Bay area, Dec 28 C
Cultural show, Japanese, Gardena, Calif., Sept 48 S, D
Desert Museum, Palm Springs, Calif., fall activities, Oct 58 all
Designers' showcase, Gaches Mansion, Laconner, Wash., Sept 6 N
Dinner-theater, Jack McGovern's Music Hall Seattle, Dec 46 N
Energy home, office tour, Davis, Calif., Aug 4
Environmental Faire, Seattle, Oct 6 N
Ethnic celebration, Phoenix, Mar 6 D
Exploratorium, San Francisco, June 6 C
Farm machinery, antique steam, Brooks, Ore Aug 4 N
Farm tours, Sunburst, near Santa Barbara, July 7 S
Fiddlers' guitar contests, Salinas, Calif., July 7
Fiesta, Mexican, Old Town San Diego State Historic Park, Nov 6 S
Film exposition, Los Angeles, Apr 84 all
Film festival, Sacramento, Jan 6 C
Film festival, University of Arizona, Tucson, July 8 D
Fire service day, Los Angeles fire stations, May 3 S
Flower festival, Lompoc, Calif., June 288 C, 50 S, D
Folk art shopping, Zagreb, Yugoslavia, Nov 16 all
Folk art, French, San Francisco, Los Angele Aug 38 all
Folk art, Korean, Seattle, Oct 6 N
Folk Life Festival, Denver, May 6 C
Ford collection, antique, Deer Lodge, Mont. June 4 N
Glider Meet, Ephrata, Wash., June 6 N
Greek festival, Phoenix, May 6 D
Hang gliding, near Vancouver, Wash., Aug 6
Hawaiian Cultural Festival, City of Refuge National Historic Park, June 82 all
Horse show, "Benefizoo", Albuquerque, May 4 D
Horse shows, No. Calif., Colo., Nev., Utah, Sept 36 C
Horse Week, Norco, Calif., Mar 3 S
House tours
Craftsman houses by bus, Pasadena, Nov 4
Long-Waterman Mansion, San Diego, Aug 4 S
Victorian homes, Red Bluff, Calif., July 60 N, C
Vintage houses, Anaheim, Calif., Apr 4 S
Huntington Library and botanic garden, San Marino, Calif., Sunday admissions, Dec 4
Indian art seminars, auction, Phoenix, Feb 6
Indian art, crafts, Santa Fe's Indian Market Aug 3 D
Indian art, Culture Center, Seattle, Jan 3 N
Indian art, Museum of Anthropology, Vancouver, B.C., May 70 N, S, D
Indian artifacts, Sacajawea State Park, near Pasco, Wash., July 45 N
Indian basket-making classes, Tumacacori National Monument, Ariz., Apr 4 D
Indian crafts, songs, dances, Pueblo Grande Museum, Phoenix, Mar 3 D
Indian mola display, Albuquerque, Oct 4 D
Indian Museum, near Coos Bay, Ore., Jan 4

hibits and the Arts (contd.)
ian Petroglyph State Park, near
.lbuquerque, May 3 D
ian powwows, 1978, May 106 all
ian, Plains, quilt show, Phoenix, Sept 6 D
rnational Street Fair, Orange, Calif.,
.ug 34 S, D
rnational World Festival, Westwood, Calif.,
ct 36 S, D
nthouse lore, Treasure Island, San Francisco
ay area, Mar 56 C
estock show, Arizona National, Phoenix,
an 4 D
rine Science Center, Newport, Ore.,
lay 56 N, D
rine shell show, Portland, May 4 N
sks, Festival of, Los Angeles, Oct 4 S
odrama, old west music, food, Denver,
.ug 4 C
xico's ancient ruins, light-sound shows,
eotihuacan, Uxmal, Oct 62 all
nerals and Gems, Hall of, Natural History
luseum of Los Angeles County, June 85 S, D
lly Brown's mansion, Denver, May 96 all
torcycles, antique, Irvine, Calif., Sept 8 S
vie costumes, Los Angeles, June 28d S, D
ral project, Albina, Portland, Nov 7 N
ral, Bank of California, Tacoma, Feb 6 N
seum cafes, San Francisco Bay area, Denver,
ov 3 C
seum on Wheels, Children's Tactile
luseum, Oakland, Apr 88 all
seum, Children's, The Dalles, Ore.,
ov 86 all
seum, downtown center, San Francisco,
ov 21 C
sic Mobile, Philharmonic, visits Orange
ounty, Calif., schools, Apr 88 all
sic-in-the-Parks, Seattle, July 25 N
sic, dance performances, San Francisco
urches, Dec 3 C
sic, dance, summer solstice celebration,
anta Barbara, June 9 S, D
sic, entertainment, Seattle's Fat Tuesday,
eb 44 N
sical instruments, automatic, warehouse/
allery, Irvine, Calif., Apr 82 all
ural Food Fair, Seattle, Apr 6 N
ure Film Festival, Seattle, June 6 N
y birthday celebration events, San Diego,
ct 3 S
vspapers, big-city, public tours, Feb 34 all
oberfests, So. Calif., Sept 5 S
ra, apprentice artists concerts, Santa Fe,
ug 4 D
ra, Central City, Colo., July 54 all
ra, children's Phoenix, July 7 D
ra, Hidden Valley Ensemble, Carmel Valley,
alif., Mar 6 C
an recitals, west's great pipe organs,
eb 74 all
an, pipe, recitals, So. Calif., Apr 61 S, D
ntings, Mora, Holy Names College,
akland, Nov 52 C
ntings, southwestern, Desert Museum, Palm
prings, Calif., Nov 4 D
lo Soleri exhibit, Tucson Museum of Art,
ct 30 all
lo Soleri Gallery, Cosanti, Scottsdale, Ariz.,
ct 32 all
latelic exhibition, Tucson, Jan 4 D
ice Museum, Portland, Dec 44 N
tery workshops, Cherry Valley, Calif.,
une 4 S
pet Theater, California, San Luis Obispo,
alif., July 8 S
lroad Museum, Sacramento,
an 36 C, S, D
lroad station renovation, museums, Ogden,
tah, Oct 70 all
lway Museum, Castro Point, Richmond,
alif., Nov 45 C
e Research Institute, Philippines, tours,
ov 90 all
ing ship *Eagle* open house, San Francisco,
ong Beach, Aug 6 C, S
nce Circus, Pacific Science Center, Seattle,
ec 19 N

Exhibits and the Arts (contd.)
Science, Lawrence Hall of, UC Berkeley, May 3 C
Sciences, California Academy of, San Francisco, new display, Nov 112 all
Sculpture display, Lee Kelly, Boise, July 8 N
Sculpture festival, snow, Park City, Utah, Mar 76 all
Sculpture garden, Romano Gabriel, Eureka, Calif., July 45 C; Aug 28 N
Sculptures, Bufano, animal garden, Portland Zoo, Dec 24 N, 46 C
Sculptures, Monterey County Courthouse, Salinas, Calif., Apr 44 N, 65 C
Shakespeare Festival, Ashland, Ore., more rooms, new guides, July 39 all
Shakespeare Festival, Balboa Park, San Diego, June 8 N
Ships, research and survey, Seattle, Oct 20 N
Soap Box Derby, Artists', San Francisco, May 37 C
Sports Museum and Library, Los Angeles, Mar 46 all
Square dances, Prescott, Ariz., June 4 D
Starlab, Pacific Science Center, Seattle, Jan 36 N
Sundial, human, Gas Works Park, Seattle, Oct 78 all
Swimsuit display, Los Angeles County Museum of Art, June 28d S, D
Swimwear factory tours, Los Angeles, Apr 44 S, D
Theater, live, downtown San Diego, Aug 20 S, D
Theater, summer, Sundance, Utah, July 70 all
Theatre Festival, Pacific Peoples, San Jose, Aug 20a C
Theatre, Fourth Step, Costa Mesa, Calif., Nov 25 S, D
Thomas Hardy festival, Dorchester, England, Aug 26 all
Trolley Park, Glenwood, Ore., July 7 N
Universal Studios, Los Angeles, tour reservations, Dec 4 S
Vehicles, old-time, where to ride, No. Calif., Oct 66 C
Vehicles, machinery, Borax museum, Death Valley National Monument, Calif., Dec 58 N, C
Volcano watch exhibit, Pacific Science Center, Seattle, Nov 4 N
Watercolor Society, National, Exhibition, Glendale, Calif., Nov 4 S
Waterfowl, Woodland Park Zoo, Seattle, Sept 12 N
Wool exhibits, Glenn County Fair, Orland, Calif., June 4 C
Youth Festival, Phoenix, Oct 3 D

Fishing
Bass, Striped, Fishing Derby, Bullhead City, Ariz., June 4 D
Bass, trout, Malheur National Wildlife Refuge, near Burns, Ore, May 36 N
Bluegill, crappie, Watson Lake, Willow Creek Reservoir, near Prescott, Ariz., Aug 6 D
Bottom fishing, Puget Sount, light-tackle technique for shallow areas, Mar 53 N
British Columbia Fishing Guide, book review, Apr 4 N
Catfish farms, Calif.'s Central Valley, Aug 30 all
Crab-fishing industry, Eureka, Calif., Mar 264 all
Deep-sea, sportfishing boat trips, Pacific Coast, Apr 130 all
Grunion watching, catching, So. Calif. coast, June 68 C, S, D
Ice fishing, Ariz., N. Mex., where to go, cautions, Dec 3 D
Landing net, hardwood, July 124 C
Reefs, artificial, off So. Calif. coast, Apr 65 S, D
Sacramento, Elkhorn Bridge fishing access, Sacramento River, July 32 all
Salmon, striped bass, Point Pinole Regional Shoreline Park, San Francisco Bay Area, new pier, Mar 54 C
San Pablo Reservoir, San Francisco East Bay, Apr 43 C

Fishing (contd.)
Surf fishing, gathering live bait, Feb 52 all
Surf fishing, San Mateo County, Calif., Jan 30 C
Swimfishing, Aug 20b S
Tackle, feather-light, for backpackers, Aug 30 all
Trout, bass, Ruby Mountains, Nev., Aug 34 N, C
Trout, Calif.'s Mono country, Oct 86 all
Trout, catfish, bass, steelhead, Levee Parkway, Lewiston, Idaho, Sept 42 N
Trout, hatchery, Fillmore, Calif., July 53 S, D
Trout, kokanee, Lake Shannon, near Concrete, Wash., Apr 61 N
Trout, October stream fishing, So. Calif., Oct 20d S, D
Trout, salmon, Skagit River, Wash., Oct 3 N

Hawaii
Beaches of O'ahu, book review, Jan 34 all
Beautiful Hawaii, a *Sunset* book, Jan 34 all
City of Refuge National Historical Park Cultural Festival, Hawaii, June 82 all
Hawaii, a *Sunset* book, Jan 34 all
Honolulu
Honolulu and Oahu by the Bus, map guide, Jan 34 all
Iolani Palace, feature article, Feb 64 all
Laie
Hawaiian Mormon Temple, rare public tours, May 100 all
Luau preparations, watching, Apr 28 all
Molokai Ranch Wildlife Park, Sept 32 all
Reference maps of the islands of Hawaii, Jan 34 all

Hiking
Anza-Borrego Desert State Park, Calif., desert walks, wildflowers, Mar 4 S
Aspen-Snowmass area, Colo., June 76 all
Big Basin Redwoods State Park, No. Calif., June 3 C
Big Pine, Calif., area, Palisade Glacier hike, June 28 N
Bivvy sacks, one-man shelters, June 52 all
Cascade Mts., Ore., McKenzie River Trail, late-season hike, Oct 66 N
Cascade Mts., Ore., Tumble Lake, Sept 67 N
Chatsworth, Calif., area, Santa Susana Mountains, guided walks, Feb 44 S, D
Coeur d'Alene, Idaho, Tubbs Hill view hike, June 9 C; July 28 N
Corvallis, Ore., area, William L. Finley National Wildlife Refuge, Nov 3 N
Darrington, Wash., area, Old Sauk Trail, winter hike, Feb 43 N
Denver, Platte River Greenway, Sept 220 all
East Mojave Desert, Calif., Nov 46 N, C
Enumclaw, Wash., area, Snoquera Trails system, May 33 N
Eureka, Calif., area, Prairie Creek Redwood State Park, wildflower walking, May 42 all
European trail network, June 38 all
Fishing tackle, feather-light, Aug 80 all
Fremont, Calif., area, Sunol Regional Wilderness, Feb 43 C
Hypothermia, Mar 48 all
King Range seacoast, No. Calif., Aug 20 N, C; Oct 40 S, D
Las Vegas area high desert country, Jan 38 all
Lassen Volcanic National Park, Calif., Warner Valley, June 42 all
Los Padres National Forest, So. Calif., Mount Abel to Mount Pinos trail, day hike, Sept 40 S
Mercer Island, Wash., Luther Burbank County Park, Sept 46 N
Mono country, Calif., Oct 86 all
Mount Tamalpais, Marin County, Calif., trailside clubhouses, Jan 24 C
Orinda, Calif., area, Bear Creek Trail, Briones Reservoir, Oct 4 C
Palm Springs, Calif., Desert Museum, fall activities, Oct 58 all
Point Reyes National Seashore, Calif., day hikes, Mar 104 C

Hiking (contd.)
Reedsport, Ore., area, Dunes National Recreation Area, winter walking, Nov 50 all
Ruby Mountains, Nev., Aug 34 N, C
San Bernardino Mts., Calif., Mill Creek Canyon, Big Falls, June 6 S
San Diego, Florida Canyon nature hike, Balboa Park, July 25 S, D
San Francisco Bay Area
East Bay Regional Park District, Black Diamond Mines Regional Preserve, guided hike, Feb 5 C
Mission Peak Regional Preserve, May 104 C
Sunol Regional Wilderness, backpack camp, Dec 6 C
San Francisco, heritage walks, Dec 60 all
San Jose, Almaden Quicksilver County Park, Nov 25 C
San Mateo County, Calif., Memorial Park, waterfall hike, Nov 6 C
San Pablo Reservoir, San Francisco East Bay, Apr 43 C
Santa Ana Mountains, So. Calif., San Juan loop trail, Bear Canyon Trail, Dec 58 S, D
Santa Barbara area, Gaviota Peak, June 28b S, D
Seaside, Ore., area, Tillamook Head, Sept 8 N
Seattle area, Puget Sound Trail, May 3 N
So. Calif. botanical walks, field trips, Jan 32 S, D
Sonoma County, Calif., Four Valley of the Moon parks, Oct 38 N
Tillamook State Forest, Ore., former burn area, Oct 68 N
Wasatch Mountains, Utah, July 70 all

Idaho
Boise
"Train" tours, June 70 N
Bogus Basin ski area, night skiing, Dec 32 all
Lee Kelly sculpture exhibit, July 8 N
Coeur d'Alene, Tubbs Hill hike, June 9 C; July 28 N
Coeur d'Alene area, Henley Aerodrome, vintage flying, June 110 N
Fort Hall, Shoshone Bannock Indian festival, May 66 all
Lewiston, Levee Parkway, Sept 42 N
Three Island Crossing State Park, Boise-Twin Falls area, May 6 N
Whitewater river runs, May 38 N

Indians
Albuquerque area, Indian Petroglyph State Park, May 3 D
Albuquerque, mola display, Oct 4 D
Coos Bay, Ore., area, Native American Research Center and Museum, Jan 4 N
Delight Makers, book review, June 32 all
Land of Poco Tiempo, book review, June 32 all
Laughing Boy, book review, June 34 all
Man Who Killed the Deer, book review, June 34 all
New Mexico pueblos, Christmas-time ancestral dance dramas, Dec 82 all
Pasco, Wash., area, Sacajawea State Park, Indian artifact display, July 45 N
Pecos National Monument, N. Mex., mission, pueblo ruins, June 60 all
Phoenix
Scottsdale Center for the Arts, Indian art seminars, auction, Feb 6 D
Plains Indian quilt show, Sept 6 D
Pueblo Grande Museum, Indian market, Mar 3 D
Powwows across the west, 1978, May 106 all
Powwows, western states, Alberta, May 64 all
Santa Fe, Indian Market, Aug 3 D
Seattle, Daybreak Star Arts Center, Jan 3 N
Seattle area, Chief Sealth grave, Oct 64 N
Tumacacori National Monument, Ariz., Papago basket-making classes, Apr 4 D
Vancouver, B.C., north coast Indian art, Museum of Anthropology, May 70 N, S, D

Mexico
Baja California
Loreto Mission, Jan 29 all
Miraflores, leather shopping, Mar 74 all
Guadalajara, Alcalde Park, splendid water fountains, Apr 72 all
Mazatlan to Durango by Mexico Hwy. 40, Nov 78 all
Mexican toy treasures, Dec 49 all
Sonora, Kino mission tours, Mar 4 D
Teotihuacan, pyramid sound and light shows, Oct 62 all
Uxmal, Mayan ruins, sound and light shows, Oct 62 all

Miscellaneous
Air flights, long, preparing for, Mar 40 all
Airline meals, "special", Mar 70 all
Archives, western states, ordering blowups of old photographs, Dec 94 all
Foreign languages, learning, May 50 all
Horse leasing, Nov 56 all
Hypothermia, Mar 48 all
Map sack, Jan 75 N
Medical help in foreign land, Nov 97 all
Moped rentals, So. Calif., Jan 24 S, D
National Archives branches, Apr 90 all
Newspapers, big-city, public tours, Feb 34 all
Pipe Organs, west's great, Feb 74 all
RV rental program, Feb 56 all
RV Service and Repair Directory, book review, Feb 56 all
Shoes, athletic, repairing, May 76 all
Sunset's 80th birthday, May 120 all
Tour brochure terminology, Feb 58 all
U.S. Customs, duty-free shopping, Apr 86 all
Western Travel Adventures, a *Sunset* special-interest magazine, Jan 136 all; Feb 76 all

Montana
Creston, Gatiss family garden, Aug 22 all
Deer Lodge, Edward Towe antique Ford collection, June 4 N
Deer Lodge area, Grant-Kohrs Ranch National Historic Site, June 85 N
Indian powwows, May 66 all
Kalispell, Conrad Mansion, June 68 N
Montana Department of Highways guidebook, Dec 50 all
Whitewater river runs, May 38 N
Yellowstone National Park, camera safaris, Feb 8 N

New Mexico
Albuquerque
"Albuquerque Artist I", Jan 4 D
Biplane rides, Apr 4 D
Bus routes, new, Oct 6 D
Growers' market, Sept 40 D
International balloon fiesta, Oct 52 all
Luminarias on Christmas Eve, Dec 76 all
New Mexico Children's Activity Calendar, 1978, Feb 6 D
Rio Grande Zoo, May activities, May 4 D
University of New Mexico, Indian mola display, Oct 4 D
Albuquerque area, bike tours, guides, Apr 12 D
Bosque del Apache National Wildlife Refuge
Waterfowl foster parent program, Nov 3 D
Waterfowl viewing, Dec 41 N, C
Christmas ideas from New Mexico, Dec 74 all
Christmas in New Mexico, planning visit, Dec 26 all
Christmas plays, processions, music, dances, Dec 82 all
Death Comes for the Archbishop, book review, June 34 all
Delight Makers, book review, June 32 all
El Rancho de las Golondrinas, visiting on festival days, Apr 138b S, D
Ice fishing, where to go, cautions, Dec 3 D
Indian Petroglyph State Park, near Albuquerque, May 3 D

Miscellaneous (contd.)
Indian powwows, May 66 all
Land of Poco Tiempo, book review, June 32
Las Cruces, Christmas concerts, Voz Vaquer choir, Dec 6 D
Madrid, Sunday jazz concerts, July 7 D
Man Who Killed the Deer, book review, June 34 all
Pecos National Monument, mission, pueblo ruins, June 60 all
Rio Grande Valley, bike tour, Apr 12 D
Santa Fe
Indian Market, Aug 3 D
Santa Fe Opera, apprentice artists concert Aug 4 D
Santuario de Guadalupe, Spanish colonial art, June 6 D
Taos area, ski finals, women's, Mar 4 D

National Parks and Monuments
(Abbreviations: N.M.: National Monument; N.P.: National Park; N.H.P.: National Historical Park; N.R.A.: National Recreation Area; N.H.S.: National Historical Site; N. National Seashore)
Bighorn Canyon N.R.A., Wyo., visitor cent solar-powered, Apr 4 N
Cabrillo N.M., Point Loma, Calif., Mar 100 S,
City of Refuge N.H.P., Hawaii, cultural festiv June 82 all
Crater Lake N.P., Ore., snowshoeing classes Feb 62 N
Death Valley N.M., Calif.
Borax Museum, Dec 58 N, C
Discovery trip, Jan 54 all
Dunes N.R.A., near Reedsport, Ore., winter walking, Nov 50 all
Farallon N.W.P., Calif., marine bird colonie boat trips, Apr 48 C
Grand Teton N.P., Wyo., dude ranch vacatio May 86 all
Grant-Kohrs Ranch N.H.S., near Deer Lod Mont., June 85 N
Havasu Wildlife Refuge, Ariz., Topock Mars birdwatching, Mar 68 N, 35 C
Lassen Volcanic N.P., Calif.
Skiing, snowshoe walks, Dec 20 C
Warner Valley, back-country exploring, June 42 all
Malheur National Wildlife Refuge, near Bur Ore., May 36 N
Mount Rainier N.P., Wash., snowshoeing, Feb 62 N
Olympic N.P., Wash., snowshoeing, Feb 62
Pecos N.M., N. Mex, mission, pueblo ruins. June 60 all
Point Reyes N.S., Calif.
Bird observatory, bird banding, Apr 61 C
Lighthouse tours, Mar 56 C
Tule elk herd, Oct 50 C
Tumacacori N.M., Ariz.
Christmas luminarias, Dec 4 D
Papago basket-making classes, Apr 4 D
Yellowstone N.P., Wyo.
Camera safaris, Feb 8 N
Ski Touring in Northern Yellowstone National Park, book review, Dec 4 N
Snowshoeing classes, Feb 62 N

Nevada
Elko, chariot races, Feb 6 C
Indian powwows, May 66 all
Lake Tahoe, old-fashioned pleasures, contemporary problems, June 88 all
Las Vegas, high desert loop trip, Jan 38 all
Reno
Horseman's Memorial Fund, Sept 39 C
International Arabian Horse World Fair, Sept 39 C
Ruby Mountains, fishing, camping, hiking, birdwatching, Aug 34 N, C
Tonopah, Jim Butler Days, May 4 C
Twain Country, loop tour, Sept 42 C; Oct 64 S
Valley of Fire State Park, wildflowers, Apr 6 S, 4 D

gon
w Where?", book review, Oct 48 N
and, Oregon Shakespeare Festival, more
oms, new guides, July 39 all
don area, cranberry harvesting, Oct 4 N
oks, antique powerland farm fair, Aug 4 N
e Foulweather, Otter Crest loop road,
pt 22 N
ton area, Meadow Lake Road to Ore. coast,
pt 58 N, C
ade Mountains, Tumble Lake, Sept 67 N
mpoeg State Park, Jan 32 N, 22 C
s Bay area, Native American Research
enter and Museum, Jan 4 N
es National Recreation area, near Reed-
ort, winter walking, Nov 50 all
ene, Big Wheel Skate Center, Jan 31 N
ence, Bay Street restoration project, Feb 5 N
st Grove area, Reuter Hill Vineyards,
ct 272 all
logy map of Eastern Oregon, Jan 6 N
wood, Trolley Park, July 7 N
niston area, produce, farm-fresh, Aug 3 N
d River, Bigfoot Center, Nov 45 N
an powwows, May 68 all
heur Wildlife Refuge, near Burns, May 36 N
Kenzie River Trail, late-season hike, Oct 66 N
Minnville, Sod Bustin' Days, May 4 N
ford, Skate University, Jan 31 N
port
ay front district, Jan 24 N
arine Science Center, May 56 N, D
gon for All Seasons, book review, Oct 48 N
gon for the Curious, book review, Oct 48 N
land
lbina mural project, Nov 7 N
rchitectural Preservation Gallery, Apr 3 N
rtquake, Sept 6 N
us-pedestrian mall, Apr 66 N, S, D; Oct 20c C
hurches, walking tour, Dec 20 N
arine shell show, May 4 N
aks Skating Rink, Jan 31 N
cific Northwest Solar Conference, June 4 N
olice Museum, Dec 44 N
ortland Art Museum, Calder art, June 80 N
ortland Zoo, animal sculpture garden, new
Bufano works, Dec 24 N, 46 C
estern Forestry Center, carousel carving
display, Mar 4 N
land area, carousels, antique, June 3 N
fs over Rivers, book review, Oct 48 N
Dalles, Wonderworks, children's museum,
ov 86 all
mook Head, day hike, Sept 8 N
mook State Forest, two hikes, Oct 68 N
el Guide to Oregon, a *Sunset* book,
ct 68 N
eta, Applegate Trail Days, Aug 19 N
tewater river runs, May 38 N
iam L. Finley National Wildlife Refuge,
orvallis area, bird watching, Nov 3 N

ific Area
ralia, Sydney walking tour, Dec 64 all
Zealand
arm visits, Sept 24 all
avel Guide to New Zealand, a *Sunset* book,
Sept 24 all
ppine Islands
epney factories, Sept 60 all
anila cemetery, Feb 46 N, C, 43 S, D
ce Research Institute, Nov 90 all
r running, New Guinea, New Zealand,
ov 34 all

ing
e, Bogus Basin night skiing, Dec 32 all
veras Big Trees State Park, Calif., winter
lks, Feb 50 all
ral Colorado Ski Tours, book review,
ov 4 C
rado ski reports, Jan 6 C
son Hole resort, Wyo., Feb 38 all
en Volcanic National Park, Calif., down-
l, Dec 20 C

Skiing (contd.)
San Gabriel Mountains, So. Calif., ski touring, Feb 46 S, D
Ski Touring in Northern Yellowstone National Park, book review, Dec 4 N
Steamboat Springs, Colo., major ski resort, Nov 26 C, S, D
Taos, N. Mex., area, women's ski finals, Mar 4 D
Understanding Avalanches, handbook for snow travelers, book review, Mar 4 N
Utah's back bowls, guided skiing, Dec 4 C
Wyoming ski touring, Dec 224 all

South America
River running, Chile, Ecuador, Peru, Nov 34 all

Sports
Automobile races, historic, Monterey, Calif., Aug 3 C
Balloon fiesta, Albuquerque, Oct 52 all
Baseball, Major League, exhibition games, Ariz., Palm Springs, Mar 78 all
Beach festivals, So. Calif., May 40 S, D
Biking: see page 3
Boating: see page 3
Camping: see page 5
Chariot races, Elko, Nev., Feb 6 C
Croquet, Pasadena, Calif., Sept 88 all
Fishing: see page 7
Football, San Francisco, Mar 104 N, S, D, 88 C
Formula 1 raceways, Phoenix, Tempe, Ariz., July 10 D
Frisbee flying Disc World Championships, Pasadena, Aug 40 all
Guide to Western Skateboard Parks, book review, Oct 50 S, D
Hang glider watching, San Francisco oceanside bluffs, Jan 3 C
Hang gliding near Vancouver, Wash., Aug 6 N
Hiking: see page 7
Horse leasing, Nov 56 all
Horse shows, No. Calif., Colo., Nev., Utah, Sept 36 C
Ice skating, Seattle Ice Arena, Dec 6 N
Jogging courses, six routes, San Francisco, July 66 C; Sept 36 N
Jogging fun runs along canals, Phoenix, Nov 4 D
Kite show, fly-ins, Seattle, Vancouver, B.C., Apr 48 N
Landsailers, Fountain Valley, Calif., July 10 S
Mini-marathon, Calaveritas, San Andreas, Calif., Oct 37 C
Paddle tennis, Los Angeles, May 61 S, D
Parcourses, San Francisco Bay area, Feb 18 C
Race cars, miniature, Whittier Narrows Recreation area, near El Monte, Calif., Jan 6 S
Race, Bay to Breakers, San Francsico, May 46 C
River running, foreign countries, Nov 34 all
Riverfront Park Ice Palace, Spokane, Mar 3 N
Rock climbing, six San Francisco Bay area locations, Sept 5 C
Rodeos, all-girl, June 85 C
Rodeos, Horse Week, Norco, Calif., Mar 3 S
Roller skating
New Northwest rinks, Jan 30 N
Golden Gate Park, Calif., July 7 C
Rugby Tournaments, Park City, Utah, Aspen, Colo., Sept 6 C
Skateboard watching, So. Calif., Oct 48 S, D
Skiing: see page 9
Snowshoeing classes, northwest national parks, Feb 62 N
Soccer, semipro, Balboa Stadium, San Francisco, Oct 20d C
Sports Museum and Sports Library, Los Angeles, Mar 46 all
Surfboard bike trailer, Feb 106a S, D; June 140 C
Tennis Center, Seattle, Jan 6 N
Tennis, Santa Clara County, Calif., Apr 4 C
Understanding Avalanches, handbook for snow travelers, book review, Mar 4 N
Volleyball, amateur tournaments, No. Calif., Utah, Colo., Apr 3 C
Water slides, Anaheim, San Diego, Barstow, Big Bear Lake, Calif., Aug 3 S

States Other Than Thirteen Western
Niagara Falls-Toronto steam train trip, July 34 all

Utah
Heber valley, Swiss days, glider rides, Heber Creeper to Bridal Veil Falls, Sept 67 C
Indian powwows, May 68 all
Ogden, Union Station, renovation, Oct 70 all
Park City
Arts festival, summer attractions, July 70 all
Rugby tournament, Sept 6 C
Snow sculpture festival, Mar 76 all
Pleasant View to Brigham City by U.S. 89, harvest, history detour, Aug 24 all
Salt Lake City
Arts festival, June 86 all
Horse show, state fair, Sept 39 C
Volleyball tournament, amateur, Apr 3 C
Skiing, guided, in Utah's back bowls, Dec 4 C
Snowbird, Summer Arts Institute, July 70 all
Sundance, summer theater, July 70 all
Utah travel council map guides, Dec 50 all
Wasatch Mountains, ski resorts, summer activities, July 70 all

Washington
Bellevue, skate king, roller skating, Jan 31 N
Burien, skate king, Jan 31 N
Coupeville, old-fashioned Christmas, Dec 3 N
Darrington area, Old Sauk Trail, winter hike, Feb 43 N
Eastsound Island, guest lodge, Aug 4 N
Edmonds, Sierra Park for the Blind, Mar 60 N
Enumclaw area, Snoquera Trails system, May 33 N
Ephrata, glider meet, June 6 N
Hood Canal, South Shore Drive, Nov 21 N
Indian powwows, May 68 all
Kent, Kent-Meeker Days, July 8 N
King County, exploring farmlands, Oct 96 N
Farmland and open space bond issue, Oct 96 N
LaConner, Gaches Mansion, designers showcase, Sept 6 N
Lake Shannon, canoeing, fishing, Apr 61 N
Mercer Island, Luther Burbank Park, Sept 46 N
Mount Vernon, bulb farms, Apr 43 N
Olympia
China painters' convention, Apr 4 N
Percival Landing Park, Oct 37 N
Olympic Peninsula, beach town exploring north of Grays Harbor, Nov 26 N
Pasco area, Preston Wine Cellars, new winery, Oct 40 N
Port Townsend
Farm House Restaurant, Feb 18 N
Guest houses, Aug 4 N
Wooden boat festival, Sept 5 N
Prosser, Hinzerling Vineyards, new winery, Oct 40 N
Puget Sound
Bottom fishing, light-tackle technique for shallow areas, Mar 53 N
Inns of northwest's inland sea, July 46 all
Tolmie State Park, fall visit, Oct 56 N
Puyallup Valley, bulb farms, Apr 43 N
Sacajawea State Park, near Pasco, Indian artifacts, July 45 N
San Juan Islands, inns of northwest's inland sea, July 46 all
Seattle
Betty Bowen Viewpoint, Feb 6 N
Bike busing, Sept 62 all
Black Orca Film Festival, June 6 N
Bookstores, 14 old, downtown area, Mar 54 N
Daybreak Star Arts Center, Jan 3 N
Discovery Park, police stables, Sept 48 N
Environmental Faire, Oct 6 N
Fat Tuesday, Feb 44 N
French cookery demonstrations, Jan 6 N
Gas Works Park, "Human Sundial", Oct 78 all
Hillclimb, walkers' link between public market, waterfront, May 104 N

Washington (contd.)
Seattle (contd.)
Hiram M. Chittenden Locks, June 50 N
International District, new Oriental food markets, Mar 33 N
King Tut, Egyptian art exhibits, Sept 40 N
Kite show, fly-ins, Apr 48 N
Korean folk art exhibit, Oct 6 N
Lake union, street-end miniparks, Apr 41 N
Music hall dinner-theater, Dec 46 N
Music-in-the-Parks, July 25 N
Natural Food Fair, Apr 6 N
Pacific Science Center
Science Circus, Dec 19 N
Volcano watch exhibit, Nov 4 N
Saint Patrick celebration, Mar 6 N
Seattle Ice Arena, Dec 6 N
Seattle Tennis Center, Jan 6 N
Seattle to Yakima train trip, Mar 34 N
Ships, research and survey, touring, Oct 20 N
Starlab, Pacific Science Center, Jan 36 N
Tape tour guide, Nov 4 N
University of Washington
Arboretum, canoeing canals, Aug 3 N

Washington (contd.)
Seattle (contd.)
Observatory, antique telescope, Mar 56 N
Waterfall Garden Park, Dec 62 all
Woodland Park Zoo
Baby gorilla, Feb 6 N
Waterfowl exhibit, Sept 12 N
Seattle area
Chief Sealth grave, new structure, Oct 64 N
Puget Sound Trail, May 3 N
Saint Edward State Park, July 53 N
Silverdale, whaling days, July 66 N
Snohomish, antique shopping, Oct 50 N
South Skagit Highway, fall color, fishing, views, Oct 3 N
Spokane, Riverfront Park Ice Palace, Mar 3 N
St. Edward State Park, near Seattle, July 53 N
Tacoma
Bank of California, mural, Feb 6 N
Downtown, historic walking tour, Mar 88 N
Roller skating rinks, new, Jan 31 N
Tacoma area, Asian Day, Sept 6 N
Travel Guide to Washington, ■ *Sunset* book, July 30 all

Washington (contd.)
Whidbey Island, biking, Feb 17 N
Whitewater river runs, May 38 N
Yakima area, rockhounds' powwow, Apr 6,

Wyoming
Bighorn Canyon National Recreation Area, solar-powered visitor center, Apr 4 N
Grand Teton National Park, dude ranch vacations, May 86 all
Indian powwows, May 68 all
Jackson Hole dude ranches, May 86 all
Jackson Hole ski resort, Feb 38 all
Medicine Bow National Forest, Vedauwoo Rocks, June 28d C
Ski-touring, Dec 224 all
Snake River whitewater runs, May 38 N
Wyoming Travel Commission self-guided t brochures, Dec 50 all
Yellowstone National Park
Camera safaris, Feb 8 N
Ski touring in Northern Yellowstone Natio Park, book review, Dec 4 N

Environment And Environmental Action

(Also see Solar listings in Building and Remodeling section)

Community Projects
Art, music, taking to school children, Orange County, San Francisco Bay Area, Apr 88 all
Camron-Stanford House, restored Victorian, Oakland, Calif., Oct 46 C
Cooperative community efforts by citizens, Aug 180 all
Flood plain greenbelt, Scottsdale, Ariz., Mar 88 S, D; follow-up, Apr 4 S, 6 D
Historic buildings, preservation, Feb 188 all
Holiday decorations, large-scale, group effort, Dec 107 all
"Joy of Fixing", Stanford, Calif., Mar 126 all
Los Trancos Woods community marching band, San Francisco Bay Area, Jan 60 all
River parkways, greenways, recent developments in west, Sept 220 all
Salvage depot sales, Pasadena, Apr 178 S, D
Shoreline park, renovated pool, historic buildings, Richmond, Calif., Sept 40 C
Tree plantings, Taft, Calif., 17 years later, Aug 180 all
Wonderworks, children's museum, The Dalles, Ore., Nov 86 all

Nature
Animal hospital, flood's aftermath, living desert reserve, Palm Desert reserve, Calif., Mar 6 D
Animal, wild, park, near Escondido, Calif., June 78 all
Animals, rare African, Molokai Ranch Wildlife Park, Hawaii, Sept 32 all
Bird banding, Point Reyes National Seashore, bird observatory, No. Calif., Apr 61 C
Bird life, Marin islands, San Francisco Bay, Apr 68 C
Bird walks, East Bay Regional Park District, San Francisco Bay Area, Sept 6 C
Bird watching
Colusa National Wildlife Refuge, north of Sacramento, Oct 6 C
Farallon National Wildlife Preserve, west of San Francisco, boat trips, Apr 48 C
Ruby Lake National Wildlife Refuge, Nev., Aug 34 N, C
Sunol Regional Wilderness, Fremont, Calif., area, Feb 43 C
Topock Marsh, Havasu National Wildlife Refuge, Ariz., Mar 68 N, 35 C
William L. Finley National Wildlife Refuge, near Corvallis, Ore., Nov 3 N

Nature (contd.)
Botanical walks, field trips, So. Calif., Jan 32 S, D
California Quail, book review, Apr 96 all
Condor, captive, Los Angeles Zoo, Sept 54 all
Coyote: Defiant Songdog of the West, book review, Apr 96 all
Crab, Dungeness, research studies on fluctuating supply, Mar 264 all
Dairy farm tour, San Diego Natural History Museum fund-raising benefit, Apr 4 S
Desert reserve, Palm desert, Calif., Feb 5 S
Desert, Sonoran, heritage program, Tucson, Sept 5 D
Donkeys, what you need to know, June 224 all
Earthquake, San Francisco's 1906, commemorative activities, learning about earthquakes, Apr 66 C
Elk, tule, Point Reyes Calif., Oct 50 C
Formations, tufa, Trona Pinnacles, Mojave Desert, Calif., Nov 52 S, D
Geology map of eastern Oregon, Jan 6 N
Linear Accelerator, Stanford University, Calif., new research, May 328 all
Marine Science Center, Newport, Ore., May 56 N, D
Minerals and Gems, Los Angeles County Museum of Natural History, June 85 S, D
Nature Film Festival, Seattle, June 6 N
Nature walks
Hancock Park, Los Angeles, Apr 12 S
Florida Canyon, Balboa Park, San Diego, July 25 S, D
Calaveras Big Trees State Park, Calif., Feb 50 all
Observatory, University of Washington, Seattle, Mar 56 N
Oceanographic ships, touring, Seattle, Oct 20 N
Oysters, fossilized, Yuha Desert Basin, east of San Diego, Oct 20b S, D
Parrotdise Birds, Los Angeles, May 35 S, D
Passive Solar Energy conference, San Jose, Nov 121 all
Pools, vernal, San Diego County, Calif., Mar 4 S
Pupfish, Arizona Historical Society Building, Tucson, Oct 4 D
Rockhounding
Apache Tears Mine, Ariz., Jan 3 D
Stewart Lithia Tourmaline Mine, Fallbrook, Calif., Nov 88 all
Rockhounds' powwow, near Yakima, Apr 65 N

Nature (contd.)
Rocks, Vedauwoo, Medicine Bow National Forest, Wyo., May 61 N
Science Circus, Pacific Science Center, Seatt Dec 19 N
Sciences, California Academy of, San Francis new displays, Nov 112 all
Scientific field trips, So. Calif. coastal water Dec 70 all
Starlab, Pacific Science Center, Seattle, Jan 3
Tree people project, Coldwater Canyon, Sa Monica Mts., So. Calif., Sept 67 S, D
Tree walk, self-guided, San Diego's Presidi Park, May 38 S, D
Underwater parks, So. Calif., July 26 S, D
Volcano Watch Exhibit, Seattle, Nov 4 N
Waterfowl exhibit, Woodland Park Zoo, Seattle, Sept 12 N
Waterfowl Foster Parent Program, Bosque Apache Wildlife Refuge, N.M., Nov 3 D
Waterfowl viewing, Bosque del Apache Wild Refuge, N.M., Dec 41 N, C
Whale watch cruises, tidepooling, Dana Poi Harbor, So. Calif., Feb 5 S
Whale-watching, Ventura, Calif., Jan 4 S
Whale-watching stations, No. Calif., Mar 4
Wildflowers, Calif. redwood parks, May 42
Wildflowers, So. Calif., Apr 110 all
Wildlife Refuge, Malheur National, near Bur Ore., May 36 N
Wildlife watching, Kenya, Nov 66 all
Wildlife, Yellowstone National Park, camer safaris, Feb 8 N
Zoo, Seattle, baby gorilla, Feb 6 N
Zoological gardens, Santa Barbara, Apr 3 S May 9 N; Sept 23 C

Open Space and the Efforts to Preserve It
Boulder, Colo., greenbelt, July 208 all
Channel Islands, Calif., moves to protect, provide more public access, June 248 all
Chatsworth, Calif., area, Santa Susana Mountains, future state park, Feb 44 S, D
King County, Wash., farmland and open spa bond issue, Oct 96 N
Planning to manage growth in west, July 208 all
San Diego, Peñasquitos Canyon, potential park, May 4 S
Ventura, Calif., whale-watching, Jan 4 S

Building and Remodeling

rooms
is small and high, May 148 all
ed track for shower curtain, Oct 134 all
-all is garden trellis, May 160 all
or bath from unneeded bedroom,
e 140 N
s and brackets in oak, May 140 all
er bath uses bold materials, Nov 181 all
oor Honolulu bath lets rain in,
ps insects out, July 121 S, D
shelf over bathtub door, Jan 79 all
odeled bath has new window,
g 102 C, 98a S, D
er walls of corrugated steel, June 137 all
er, sunken, with door, July 122 all
top, redwood, hand-gouged, Oct 115 all
ge behind mirror doors, May 162 all
ish exercise equipment in bathroom,
g 82b S, D; Sept 122 N
house has bath with view,
y 118 all
sinks, reglazing, May 136 all
ow screen is framed collage, Sept 115 all

rooms
e hideaway, Oct 114 all
as storage under plywood platform,
y 150 all
ressing area divided by "keyhole",
199 C; June 118 S, D
rooms share a closet, Oct 144 all
t steals space from old bathroom,
97 all
bulletin board wall for teen-ager's room,
76 all
s, personalized, Feb 107 N; June 148 C, S, D
ge converted into parents' bedroom retreat,
92 all
board with cedar strips has storage,
v 146 all
bedroom divides wings for parents and
ldren, May 154 all
s pivot for privacy, May 136 all
ing light in long, bold box, Oct 114 all
loft reached by rope, Nov 178 S, D;
c 112 N
l room seems larger with redwood visual
ent, Feb 88 all
agers' rooms gain space with lofts, mini-
ds, Sept 127 all
helves are boxes hanging from 2 by 4's,
64 all
house has new entry gallery,
ster bedroom, May 118 all

k Reviews
a-Room Book, a *Sunset* book, Nov 142 all
tmas Ideas and Answers, a *Sunset* annual,
t 118 all
To-Make Picture Frames, booklet,
r 112 all
eowner's Guide To Solar Heating,
unset book, Oct 114 all
for Improving Your Home, a *Sunset*
cial interest magazine, May 174 all
for Improving Your Home, a *Sunset*
cial interest magazine, Sept 118 all
for Remodeling Your Home,
unset book, Nov 142 all
ation and Weatherstripping, a *Sunset*
k, June 148 N, 146 C, 126 S, D
al Solar Architecture, July 123 all
deling With Tile, a *Sunset* book,
r 186 all

Cabins
Beach house, pyramid-shaped, Apr 118 all
Summer cabin is all-year retreat, Oct 137 N, S, D
Vacation house is 20-foot-square tall box, Apr 120 all
Wedge-shaped cabin has cut-in deck, Apr 116 all
Weekend houses, designed for assembly-line production, Nov 102 all

Furniture
Bed has storage under platform, May 150 all
Bed, bunk, for three generations, Nov 121 all
Bed, Japanese folding, Mar 98 all
Bookshelves, geometric-design, Feb 104 all
Coffee table, redwood, for $30, Mar 138 N, C; Apr 198d S, D
Couch, chair supported with plywood boxes, Apr 176 C
Drawing table-desk, easy-to-make, Feb 82d C
Headboard with cedar strips, Nov 146 all
Lamp post is quarter-round trim, Apr 196 all
Modular furniture with storage, Aug 104 all
Murphy beds behind bookcases, May 192 all
Shelves for displaying china, June 116 all
Table, block seats, children's, from plywood sheet, Oct 164 all
Table, chop-block, Nov 190 all
Tables from lumberyard lumber, Feb 82 N, 70 C, S, D

Garages
Bike storage added to garage, July 114 all
Carport divided to create enclosed garage, entry deck, Sept 134 N, C
Carport staggered, for four cars, Feb 100 S, D
Ceilings, walls work hard as storage space, Dec 130 S, D
Garage becomes working studio, June 101 all
Garage turned into garden room, June 100 all
New entry, carport, face street, May 154 all
Potter's workplace off carport, Oct 128 all
Shelf system, garage-organizing, Nov 174 all
Storage system, catalogued, Jan 79 all

Home Materials and Equipment
Acrylic panels for window, door security, June 136 all
Braces, metal, strengthens corner, May 137 all
Bricks, adobe, July 84 all
Concrete blocks, sandblasting to texture, Nov 121 all
Drawer pulls, aluminum hardware, June 136 all
Floor, slate look-alike, May 137 all
Floors, wood, basic finishes, Apr 201 all
Foundation, all-wood, Oct 114 all
Hardware, plating or repolishing, Mar 130 all
Heating system, continuous air circulation, Jan 78 all
Heating system, plenum, Sept 104 all
Heating systems borrow heat from hot-water heater, Oct 115 all
Lock box keeps house keys safe, Jan 78 all
Oven, convection, Nov 120 all
Plastered panels, prefinished, June 137 all
Polyurethane finishes, how to choose and use, Nov 158 all
Rain gutters, types, Mar 113 all
Reporcelainizing, May 136 all
Roofing material, "R" values, May 136 all
Shingling, side wall, June 126 N, C, 126d S, D
Solar "shingles", Sept 105 all
Stereo speaker kits, Nov 120 all
Storm windows help save energy, Jan 78 all

Houses
American Institute of Architects rule changes, July 123 all
American Institute of Architects - *Sunset Magazine* Western Home Awards:
- Beach house, pyramid-shaped, Apr 118 all
- Factory-built house with pedestal design, Nov 108 all
- Guest house built under hillside carport, Sept 82 all
- Japanese style mini-house within back garden, Sept 83 all
- Multilevel house, Jan 58 all
- 908-square-foot house remodel, Sept 81 all
- Vacation house is tall box, Apr 120 all
- Wedge-shaped cabin has cut-in deck, Apr 116 all
- Weekend houses designed for assembly-line production, Nov 102 all

—Beach
Beach house, pyramid shaped, Apr 118 all
Storm panels for windows, Feb 106b C, S, D

—Desert
Sun baffles, concrete, cut heat in desert home, Mar 148 C, S, D
West-facing wall stays cool, Sept 122 C, S, D

—General
Adobe houses, New Mexico styles, July 82 all
Anti-speculation ordinance, Davis, Calif., Feb 106c C, S, D
Custom-designed home is achievement in cost-saving, Mar 136 N, C
Energy-efficient Denver home, Sept 108 all
Factory-built houses, report, Nov 98 all
House given new life for year-around living, Mar 156 N
Japanese style mini-house within back garden, Sept 83 all
Panel system houses offer savings, energy conservation, Nov 106 all
Small, cost-efficient house, Oct 161 all

—Hillside
Factory-built model with pedestal design, Nov 108 all
Guest house under hillside carport, Sept 82 all
House with deck expanded to enjoy view, outdoor living, Aug 100 all
Multilevel house takes advantage of cooling trade winds, Jan 58 all
Semicircle house on central tower, Jan 75 S, D
Three-story house on "unbuildable" site, July 126 N

—Miscellaneous Ideas
Addition uses redwood tanks, July 97 all
Alcove hideaway, Oct 114 all
Bookcase, wall-to-wall, Mar 144 all
Bookcases spin to reveal beds, May 192 all
Bookshelf, tall, divides room, Apr 204 all
Cork bulletin board wall, Jan 76 all
Dining area opened up by pushed-out glass wall, Apr 170 all
Dining room pass-through, Nov 186 all
Dining room with wrap-around cedar, June 146 S, D, July 121 N, C
Dog's water spigot in laundry room, Sept 105 all
Doghouse under kitchen counter, Oct 122 all
Door looks hand carved, Oct 136 N, S, D
Door and screen door in one, Aug 84 all
Ducts, exposed, save money, May 137 all

Houses (contd.)
—Miscellaneous Ideas (contd.)
Family room, sleeping/play loft addition, Nov 138 all
Fireplace hearth in a drawer, Apr 200 all
Fireplace, suspended, is great radiator, Jan 71 N, C, 80 S, D
Floor, mock parquet, Jan 79 all
Floor, slate look-alike, May 137 all
Foundation, all-wood, Oct 114 all
Garden corner has exposed aggregate floor, Feb 144 N
Garden room takes gray out of northwest winter, Nov 261 N
Home office, his-and-her's, Jan 70 S, D
Ideas for Improving Your Home, a *Sunset* special interest publication, May 174 all
Indoor garden ideas, Jan 42 all
Living room and hall-gallery separated by back-to-back bookcases, Sept 134 S, D
Mirror wall adds spaciousness, Oct 138 all
Multipurpose room addition, July 102 all
Patchwork storage wall, June 137 all
Photo display frame, inexpensive, Apr 198b S, D
Picture frame for changing artwork, Dec 127 all
Potter's workplace off carport, Oct 128 all
Preservation of historic sites, Feb 188 all
Raised ceilings, added alcove, Mar 138 S, D; Oct 153 N, C
Recreation room and buffer zone, May 152 all
Room dividers are hanging boards, Sept 136 S, D; Oct 146 N; Nov 178 C
Screened room for entertaining, July 182 all
Sewing center in movable unit, May 138 all
Sewing corner, multipurpose, June 118 all
Shadow graphics on walls, Mar 112 all
Shelves, lighted display, Sept 98 all
Shutters, fabric covered, Sept 102 all
Sideboard niche connects rooms, July 109 all
Sky-window in attic roof lights plants below, Oct 142 all
Solarium off dining room, Feb 142 N
Space defined with room divider, dropped ceilings, Nov 182 C, S, D
Stair railing ideas, Feb 84 all
Staircase seems to "float", Apr 164 all
Stairway, outdoor circular, Jan 75 C
Stereo speakers hide in cabinets, Feb 106c, S, D; Nov 178 N
Studio addition reached via greenhouse walkway, Nov 164 all
Studio from tiny cottage, Oct 132 all
Studio from outdated garage, June 101 all
Sun room, decks, added to old house, June 140 S, D; July 124 N
Sun room, winter-summer, July 92 all
Wall cutout for seating, June 137 all
Water pipes emit heat, Apr 174 all
Window folds out for counter, July 116 all
Window insulated screens, Feb 106d C, S, D
Windowsills, waterproof surfaces for plant display, July 123 all
Wine cellar, energy-efficient, May 144 N; Oct 146 C, S, D

—Remodeling
Add-a-Room Book, a *Sunset* book, Nov 142 all
Addition uses redwood tanks, July 97 all
Adobe house, owner-built, July 85 all
Bathroom has view window, Aug 102 C, 98a S, D
Bathroom, uncramped, with shower conversion, Oct 134 all
Bedroom steals closet space from bathroom, Feb 97 all
Bedroom-dressing areas divided, April 199 C; June 118d S, D
Cooking-entertaining area, Mar 106 N, C
Cottage converted into studio, Oct 132 all
Dining area opened up by pushed-out glass wall, Apr 170 all
Dining room with wrap-around cedar, June 146 S, D; July 121 N, C
Ducts, exposed, save money, May 137 all
Entry remodel, Sept 134 N, C
Family room squeezed between house and garage, Mar 92 all

Houses (contd.)
—Remodeling (contd.)
Family room, sleeping/play loft addition, Nov 138 all
Floor plan turnaround for bungalow, Oct 162 N
Front porch becomes extension of living room, Oct 252d S, D
Garage becomes working studio, June 101 all
Garage converted into parents' bedroom retreat, Feb 92 all
Garage turned into garden room, June 100 all
Greenhouse gallery addition opens up living room, Oct 100 all
Hawaiian house opened up to view, outdoors, Nov 128 all
Heating systems borrow heat from hot-water heater, Oct 115 all
Hillside house expanded to enjoy view, outdoor living, Aug 100 all
House given new life, Mar 156 N
Ideas for Improving Your Home, a *Sunset* special interest magazine, May 174 all
Ideas for Improving Your Home, a *Sunset* special interest magazine, Sept 118 all
Ideas for Remodeling Your Home, a *Sunset* book, Nov 142 all
Indoor bath from unneeded bedroom, June 140 N
Kitchen barn is kept open, airy, May 182 all
Kitchen done over by owners at half the cost, May 146 C, S, D; Aug 102 N
Kitchen for cooking couple, Sept 144 all
Kitchen ingenuity with little space, Apr 152 all
Kitchen wall pushed out for alcove addition, Oct 158 all
Kitchen, dining room borrow from each other, Apr 168 N, S, D
Kitchen, Victorian, with open shelving, May 194 all
Kitchen, 1910, has storage units, Nov 124 N, C
Kitchen's plastic-laminate surfaces trimmed with oak, Oct 150 all
Library, wall-to-wall, from guest bedroom, Mar 144 all
Multipurpose room addition, July 102 all
New bedroom, entry, carport, May 154 all
908-square-foot house, Sept 81 all
Patio, walled, created from little-used bedrooms, Jan 124 S, D
Raised ceiling, added alcove, Mar 138 S, D; Oct 153 N, C
Remodeling With Tile, a *Sunset* book, Apr 186 all
Roof deck opens to sky, not street, Sept 218 S, D; Nov 188 N, C
Roof pop-up adds height, light, Oct 140 all
Second story supported by pole-and-truss system, Nov 142 all
Sky-window in attic lights plants, Oct 142 all
Sleep loft reached by rope, Nov 178 S, D; Dec 112 N
Space defined with room divider, dropped ceiling, Nov 182 C, S, D
Studio addition reached via greenhouse walkway, Nov 164 all
Summer cabin becomes all-year retreat, Oct 137 N, S, D
Sun room, decks, added to old house, June 140 S, D; July 124 N
Sun room, winter-summer, July 92 all
Tract house has new entry gallery, master bedroom, bath, May 118 all
Wine "cellar" from entry hall closet, Sept 124 all

—Solar Houses
(See Solar at right)

Kitchens
Bread boards, side-by-side, Mar 113 all
Cabinet doors, cane panels, Apr 160 all
Cabinet, roll-out, Sept 132 N, C; Oct 153 S, D
Compact dining space, Feb 100 N, C; Apr 198a S, D
Countertop appliance niche in borrowed space, Nov 166 all
Countertop, birch plywood, June 138 all
Dishwasher disguises, three ideas, Apr 190 all

Kitchens (contd.)
Doghouse, under-counter, Oct 122 all
Drawer pulls, aluminum hardware, June 136
Drinking water bottle concealed, Apr 184 a
Island hugs butcher block, May 142 all
Island makes big kitchen work, Feb 106a C, Mar 136 S, D
Kitchen doubles as hallway, Nov 150 all
Kitchen for cooking couple, Sept 144 all
Kitchen goes into hiding, Nov 144 all
Kitchen pulls, seven ideas, Apr 202 all
Kitchen, barn, kept open, airy, May 182 al
Microwave ovens added without losing cour space, Mar 114 all
Oven, convection, Nov 120 all
Pantry is bold divider, Jan 72 all
Paper rolls hang on pantry door, Sept 116
Plastic-laminate surfaces trimmed with oak Oct 150 all
Pot rack, lightweight, Apr 162 all
Pulls, wood, for appliance doors, Apr 192
Remodel done by owners at half the cost, May 146 C, S, D
Remodel shows ingenuity with little space, Apr 152 all
Remodel, Victorian, open shelving, May 194
Remodeled cooking-entertaining area, Mar 106 N, C
Remodeled kitchen, dining room borrow fr each other, Apr 168 N, S, D
Remodeled 1910 kitchen has open storage un Nov 124 N, C
Roof pop-up adds height, light to kitchen, Oct 140 all
Shelves, glass, for glassware, Nov 152 all
Sideboard niche connects kitchen, dining ro July 109 all
Sinks, cooktops, reporcelainizing, May 136
Small kitchen with open pantry, unusual c Feb 70 N, 82 C, S, D
Storage unit around refrigerator, Mar 146
Under sink cabinet has drawer, Nov 132 al
Wall pushed out for addition, Oct 158 all
West-facing window wall stays cool, Sept 122 C, S, D
Window folds out for counter, July 116 all

Laundries
Sorting pegs, simple, Feb 106c C, S, D

Lighting
House number with light behind, May 172
Lamp is cord-wrapped bottle, Nov 170 all
Lamp, post is quarter-round trim, Apr 196
Lamp, hanging, from wire basket, July 112 all
Lanterns, fabric shapes, July 80 all
Light sockets, porcelain, dressed-up, May 197 C, S, D
Reading light in long, bold box, Oct 114 al
Roof pop-up adds height, light to kitchen, Oct 140 all
Sky-window in attic roof lights plants belo Oct 142 all

Solar
Dryer for fruits and vegetables, July 94 all
Energy-efficient Denver home, Sept 108 all
Greenhouse-home, cozy at 20° below, Mar 157 C, S, D
Greenhouse in Colorado, Apr 300 S, D, 31
Greenhouse, high-mountain solar, May 27
Homeowner's Guide to Solar Heating, a *Su* book, Oct 114 all
Hybird system merges active, passive, Apr 18
Insulated window screens make window sola heater, Feb 106d C, S, D
Natural Solar Architecture, book review, July 123 all
Pacific Northwest Solar Conference, June
Pool heat, two ideas, July 122 all
Solar adobes, July 87 all
Solar collector "shingles", Sept 105 all
Solar house plans, Feb 106b C, S, D

rage
room storage behind mirror doors, ay 162 all
has storage under platform, May 150 all
oom closet steals space, Feb 97 all
case, wall-to-wall, Mar 144 all
cases spin to reveal beds, May 192 all
cases, back-to-back, Sept 134 S, D
shelf, tall, divides room, Apr 204 all
shelves, rounded shelf edges, Nov 120 all
' rooms share a closet, Oct 144 all
net has pass-through, Nov 186 all
er unit for wood and TV, Apr 200 all
ntertop appliance niche in borrowed space, ov 166 all
lay case with shower doors, Apr 201 all

Storage (contd.)
Drawers are plastic storage bins, Sept 104 all
Drinking water bottle concealed, Apr 184 all
Garage ceilings, walls work hard as storage space, Dec 130 S, D
Garage storage system, catalogued, Jan 79 all
Garage-organizing shelf system, Nov 174 all
Kitchen cabinet, roll-out, Sept 132 N, C; Oct 153 S, D
Kitchen pantry is bold divider from living room, Jan 72 all
Kitchen sink cabinet has roll-out drawer, Nov 132 all
Modular furniture with storage, Aug 104 all
Open-shelf units are boxes hanging from 2 by 4's, Jan 64 all

Storage (contd.)
Panels, fabric-faced, cover compartments, Mar 122 all
Paper rolls hang on pantry door, Sept 116 all
Patchwork storage wall, June 137 all
Sewing center in movable unit, May 138 all
Sewing corner, multipurpose, June 118 all
Shelves for displaying china, June 116 all
Shelves, canvas, store yarn, Sept 107 all
Shelves, glass, for glassware, Nov 152 all
Ski rack, simple, Jan 80 N, C
Storage unit around refrigerator, Mar 146 all
Toy shelves are boxes, Jan 64 all
Wine "cellar" from entry hall closet, Sept 124 all
Wine cellar, energy-efficient, May 144 N; Oct 146 C, S, D

Workshop and Craft Projects

(Also see Book Reviews on page 11)

fts
ets from natural materials, Aug 74 all
oom doors personalized, Feb 107 N; ne 148 C, S, D
cle carrier holds five bikes, Jan 66 all
trailer for surfboard, Feb 106a S, D; ne 140 C
graphics with self adhesive, June 145 all
mic container, scalloped, May 188 all
coal-snuffing barbecue lid, July 122 all
stmas cards made on color copy machine, ec 108 all
stmas cards, iron-on designs, Dec 110 all
stmas Ideas and Answers, ■ *Sunset* annual, t 118 all
stmas lights, eggshell, Dec 104 all
stmas ornaments, "eyes of God", ec 132 all
age, framed, on window, Sept 115 all
k book, family, Dec 118 all
ky stamps, Nov 126 N, C
on-paintings, June 120 all
furniture from clothespins, Oct 154 all
hell characters, Mar 125 all
ic mobile, cooky cutters, Feb 108 all
fabric, easy-to-make, May 156 all
nes, easy, inexpensive, Nov 184 all
wraps, rolled-on designs, Dec 90 all
oween masks, paper, Oct 94 all
, holiday, from wrapping, Dec 98 all
day "logs" of eucalyptus bark, Dec 201 S, D
day decorations, large-scale, group effort, ec 107 all
p is cord-wrapped bottle, Nov 170 all
p, hanging, from wire basket, July 112 all
erns, fabric animal shapes, July 80 all
making, *wili* method, May 304 N, 302 C, S, D
inarias, Dec 77 all
yrus, almost-Egyptian, May 166 all
o albums, rice paper covers, May 178 all
ure, composite, of scattered family, ec 102 all
t pressing, art of, Nov 264 N, 278 C, S, D
ter, hanging, wine jug, Jan 120 N
ter, lightweight volcanic rock, Mar 246 C
ourri, floral-spice, July 192 D
ol photographs, displaying, Feb 102 all
low graphics on walls, Mar 112 all
ters, fabric-covered, Sept 102 all
ter kits for kids, Dec 128 all
board bike trailer, Feb 106a S, D; June 140 C
ornaments are bottle corks, Dec 130 C
d chimes from metal pieces, July 104 all
aths, cornhusk, Dec 80 all

Sewing
Awning shades glass door, Aug 99 all
Ball for play, fleecy, Dec 116 all
Beach towel with pockets, July 110 all
Bed, Japanese folding, Mar 98 all
Bunny with babies, Mar 142 all
Doll from discarded clothing, Oct 118 all
Exercise pad, removable case, June 146 N
Map sack, Jan 75 N
Mittens, sheepskin, Jan 62 all
Picnic kit for two travelers, Dec 56 all
Pillow lap board, Nov 155 all
Seam ripping method, timesaving, Mar 150 all
Shades for greenhouse sun control, Mar 120 all
Sleeping bag cover, double, May 171 all
Thread organizer, embroidery, Oct 165 all
Wind and sunscreen with pockets, Aug 72 all

Woodworking
Bathroom knobs, brackets in oak, May 140 all
Bed has storage under platform, May 150 all
Bench-planter, redwood 4 by 4's, Apr 158 all
Book holder end-of-the-shelf, Feb 98 all
Book rack locks in big books, Dec 114 all
Bookshelf, tall, divides room, Apr 204 all
Bookshelves geometric-design, easy, inexpensive, Feb 104 all
Bookshelves, rounded shelf edges, Nov 120 all
Braces, metal, strengthens corner, May 137 all
Christmas ornaments, whittled, ideas from New Mexico woodcarvers, Dec 78 all
Clamps, seven most common, May 116 all
Coat rack for $15, May 146 N
Coffee table, redwood, for $30, Mar 138 N, C; Apr 198d S, D
Couch, chair supported with plywood boxes, Apr 176 C
Doll buggy from picnic basket, Sept 136 N, C
Door looks hand carved, Oct 136 N, S, D
Drawing table-desk, easy-to-make, Feb 82d C
Entry light on redwood posts, Mar 118 all
Firewood crib, Mar 113 all
Floor, mock parquet, Jan 79 all
Folk toys, Sept 130 C; Dec 130 N
Frame allows instant art changes, June 124 all
Fun-To-Make Picture Frames, booklet review, Mar 112 all

Woodworking (contd.)
Furniture, modular, Aug 104 all
Gate frame is glued curve, Aug 97 all
Hand tools work as table tools, Apr 172 all
Headboard with cedar strips has storage, Nov 146 all
House number with light behind, May 172 all
Kitchen cabinet doors, cane webbing panels, Apr 160 all
Kitchen pulls, seven ideas, Apr 202 all
Lamp, floor, quarter-round post, Apr 196 all
Landing net, hardwood, July 124 C
Mailbox hanging basket unit, Feb 90 all
Mailbox with lighted address, Mar 154 all
Napkin rings from pine molding, Nov 177 all
Open-shelf units are boxes hanging from 2 by 4's, Jan 64 all
Panels, fabric-faced, cover compartments, Mar 112 all
Photo display frame, inexpensive, Apr 198b S, D
Picture frame, designed to ease changing art-work, Dec 127 all
Picture frame, glass-on-glass, May 197 N; Aug 82d S, D
Picture frames from molding, Mar 122 all
Plant pedestal for spider plant, June 135 all
Plant shelf over bathtub door, Jan 79 all
Planter, redwood trough, Aug 109 all
Play structure to climb and swing on, Nov 182 N
Play structure, versatile, May 186 S, D
Play tower, easy-to-build, Apr 178 N
Pot rack, lightweight, Apr 162 all
Puzzle, six-in-one, Mar 148, N; Sept 130 S, D
Room dividers are hanging boards, Sept 136 S, D; Oct 146 N; Nov 178 C
Sandbox lid is plant platform, Mar 140 all
Sawhorse, sturdy, Sept 120 all
School photographs, displaying, Feb 102 all
Sink top, redwood, hand-gouged, Oct 115 all
Ski rack, simple, Jan 80 N, C
Step-box for 3-year-old, May 186 N, C; June 118b S, D
Stepstool is carryall, Apr 176 N, S, D, 178 C
Storage cabinet, easy drawers, Sept 104 all
Table, block seats, children's from plywood sheet, Oct 164 all
Table, chop-block, Nov 190 all
Tables from lumberyard lumber, Feb 82 N, 70 C, S, D
Toy, wooden, rolls, Mar 122 all
Workbench, easy-to-make, Dec 113 N

Home Management

(Also see Book Reviews on page 11)

Country Living
Donkeys, what you need to know to own one, June 224 all
Gate for road, easy-swinging, Apr 201 all
Gate ideas from Chilean gardeners, Nov 130 all
Horse leasing, Nov 56 all

Maintenance
Clamps are indispensable, May 116 all
"Joy of Fixing" Fair, Stanford, Calif., Mar 126 all
Floors, wood, basic finishes, Apr 201 all
Hand tools work as table tool, special adapters, Apr 172 all
Paint stripping, chemicals, tools, Mar 158 all
Polyurethane finishes, how to choose and use, Nov 158 all
Reporcelainizing, reglazing, May 136 all
Sprayer airless, Feb 106b C, S, D

Miscellaneous
Anti-speculation ordinance, Davis, Calif., Feb 106c C, S, D
Bicycle carrier, holds five bikes, Jan 66 all
Bike security at home, Apr 166 all
Braces, metal, strengthen corner, May 137 all
Charcoal-snuffing barbecue lid, July 122 all
Coal, burning in fireplace, Apr 200 all
Drinking water bottle concealed, Apr 184 all
Ducts, exposed, save money, May 137 all
Food dryers, home built, July 168 N, C
Garage storage system, catalogued, Jan 79 all
Glass window, door security with acrylic panels, June 136 all
Hardware, plating or repolishing, Mar 130 all
Heat from hot-water heater, Oct 115 all
Heating system, continuous air circulation, Jan 78 all
Heating system, plenum, Sept 104 all
Ideas for Improving Your Home, a *Sunset* special interest magazine, May 174 all

Miscellaneous (contd.)
Ideas for Improving Your Home, a *Sunse* special interest magazine, Sept 118 all
Insulating ceilings, June 148 N, 146 C, 126
Insulation and Weatherstripping, a *Sunset* b June 148 N, 146 C, 126 S, D
Kitchenware, old-time, finding, restoring, Nov 134 all
Lock box keeps house keys safe, Jan 78 a
Menu, putting on party table, Apr 188 all
Plastic panels prevent birds from window crashing, Nov 292 C
Rain gutters, types, Mar 113 all
Roof rats in suburbia, Sept 218 N, C; Oct 2
School photographs, displaying, Feb 102
Shingling, side wall, June 126 N, C, 126d
Shoes, athletic, repairing heels, May 77 al
Stereo speaker kits, Nov 120 all
Storm windows help save energy, Jan 78
Windows, panels to cover, Feb 106b C, S
Wine glasses, washing, Apr 210 all
Wood clamps, seven most common, May 1

Outdoor Building

(Also see Book Reviews on page 11)

Benches
Bench-planter redwood 4 by 4's, Apr 158 all
Platform bench around tree, Oct 126 all

Children's Play Areas
Play structure for climbing, swinging, May 186 S, D; Nov 182 N
Play structure, versatile, May 186 S, D
Play tower, easy-to-build, Apr 178 N
Sandbox under table, July 118 all
Sandbox, lid is plant platform, Mar 140 all
Sandbox-grape arbor-gazebo, Feb 144 D

Fences, Gates, Screens
Fence enclosure creates living space on street-side, Apr 292 all
Gate for road, easy-swinging, Apr 201 all
Gate frame is glued curve, Aug 97 all
Gate ideas from Chilean gardens, Nov 130 all
Gates with planter boxes hide RV, July 127 S, D; Sept 130 N
Overhead trellis, thick wall shield house entry from desert sun, Aug 82f S, D
Planter boxes, partial screen, June 214 all
Roof-top outdoor garden room, Sept 218 S, D; Nov 188 N, C
Screens, pivoting aluminum, for sun, wind, view control, June 142 all
Wall-enclosed patio creates outdoor room, Oct 252d, S, D
Walled garden creates four outdoor living areas, Oct 162 C, S, D

Miscellaneous
Atrium-entrance, fiberglass roof, July 126 C
Awning shades glass door, Aug 99 all
Backyard has new fence, entry, Mar 110 all
Bike security at home, Apr 166 all
Bike storage added to garage, July 114 all
Ceiling fans, outdoor uses, June 136 all
Curb edging, concrete, to contain invasive grasses, Mar 244 C, S, D
Door mat, flush-fitting, Feb 106c C, S, D

Miscellaneous (contd.)
Entry light on redwood posts, Mar 118 all
Entry remodel is bold, spacious, Feb 186 all
Entry turned into greenhouse with old house windows, Mar 240 S, D
Firewood crib, Mar 113 all
Floodlight system, temporary, June 132 all
Flowerpot fountain, May 310 N, 313 C, 289 S, D
Fruit, vegetable dryer, solar, July 94 all
Garden remodel for $613, Feb 146 S, D
Garden steps, Apr 272 N, C, D, 273 S
Garden tool storage cabinet, Feb 155 all
Grape arbor-gazebo-sandbox, Feb 144 D
House number with light behind, May 172 all
Mailbox, hanging basket unit, Feb 90 all
Mailbox with lighted address, Mar 154 all
Outdoor living in city garden, July 194 S, D
Overhead trellis, thick wall shield house entry from desert sun, Aug 82f S, D
Planter box, movable, screens side yard, Mar 152 all
Planter boxes camouflage stucco wall, May 308 C
Planter, redwood trough, Aug 109 all
Rain gutters, types, Mar 113 all
Raised planting bed with pebble mosaic panels, July 192 S
Rock plant wall of concrete blocks, Sept 190 C
Stairway, outdoor circular, several uses, Jan 75 C
Steps, railroad-tie-and-brick, with stuccoed retaining walls, Aug 168 N
Sun baffles, concrete, cut heat in desert home, Mar 148 C, S, D
Watering equipment, neatly organized, Apr 315 S, D; May 289 C, June 235 N
Wine storage in underground room, Aug 88 all

Patios and Decks
Atrium-entrance, fiberglass roof, July 126 C
Courtyard, brick, in remodeled garden, Mar 110 all
Deck at entry in remodel, Sept 134 N, C
Deck covers tree's surface roots, Jan 128 S, D
Deck screens, pivoting aluminum, for sun, wind, view control, June 142 all

Patios and Decks (contd.)
Deck wraps around hillside pool, Aug 10
Deck-garden for old Denver house, Aug 162
Deck, grand, owner-built, Apr 288 N, S,
Deck, irregular, over sloping lawn, Feb 82d
Deck, patio, trellis, fencing, gates, built b owner in three years, July 124 S, D
Deck, roof-level, for desert view, Apr 156
Deck, walks, pool in garden remodel, July 172 S, D
Decks in garden of many parts, Apr 312
Decks, floating, July 76 all
Decks, multilevel, for sloping back garde Oct 108 all
Decks, sun room added to house, June 140 S, D
Garden patio with generous seating, firep June 104 all
Garden terraced to achieve space, May 27
Gazebo deck trellis, carport, Feb 100 S, D
Outdoor living areas, July 182 all
Outdoor living space, streetside, created w fence enclosure, Apr 292 all
Outdoor spaces correspond to every room house, Feb 116 all
Patio from old driveway in garden remod Aug 68 all
Patio from concrete scraps, Sept 105 all
Patio is now glassed-in sun room, July 12
Patio, wall enclosed creates outdoor roon Oct 252d S, D
Patio, walled, created from little-used bedro Jan 124 S, D
Pavilions in Hawaii garden make shade, pre view, Mar 238 N, S, D; Apr 288 C
Roof deck, remodeled, opens to sky, not st Sept 218 S, D
Terrace, entry, for old Spanish house, Aug 1

Swimming Pools
Diving boards, three choices, Aug 106 all
Pool heat, solar, two ideas, July 122 all
Pool in small hillside backyard, Aug 101 al
Shower, wood-sculptured, Aug 102 S, D
Solar collector "shingles", Sept 105 all

Christmas Ideas

stmas Events
tmas concerts, Voz Vaqueros choir, Cruces, New Mexico, Dec 6 D
tmas fair, Vienna, Austria, Dec 72 all
tmas festivities, Calif. harbors, 20 S, D
tmas in Coupeville, Wash., Dec 3 N
tmas in New Mexico, Dec 26 all
tmas open house, Newport Harbor Art seum, Newport Center, Calif., Dec 46 S, D
tmas open houses, Southern Calif. antique ps, Dec 3 S
tmas plays, processions, music, dances, w Mexico, Dec 82 all
narias, Albuquerque, Dec 76 all
narias, Phoenix, Tumacacori, Dec 4 D

stmas Trees
digging, ball-and-burlap method, 181 N
g tree transplanted into pot, Nov 262 N
secure and out of harm's way, Dec 206 N, S, D

ts
tmas cards made on color copy machines, 108 all
tmas cards, iron-on patchwork designs, 110 all
tmas greens, protecting against pitch when ting, Dec 181 N

Crafts (contd.)
Christmas Ideas and Answers, a *Sunset* annual, Oct 118 all
Christmas ideas from New Mexico, Dec 74 all
Cooky ornaments, candy-filled, Dec 158 N
Gift wraps, rolled-on designs, Dec 90 all
Hats, holiday, from wrappings, Dec 98 all
Holiday decorations, large-scale, group effort, Dec 107 all
Lights, eggshell, Dec 104 all
"Logs" from eucalyptus bark, Dec 201 S, D
Luminarias, Dec 76 all
Ornaments are bottle corks, Dec 130 C
Ornaments, "eyes of God", Dec 132 all
Ornaments, whittled, ideas from New Mexico woodcarvers, Dec 78 all
Vegetable bouquets from your garden or market, Dec 206 C
Wreaths, cornhusk, Dec 80 all

Food
Breakfast, Christmas, Dec 166 all
Chiles with cheese, Dec 138 all
Christmas wreath, almond-cherry, Dec 92 all
Cider, hot buttered cranberry, Dec 160 N, C, 158 S, D
Cider, pineapple-apple, Dec 160 N, C, 158 S, D
Cookies, pinwheel, Swedish, Dec 178 all
Cooky ornaments, candy-filled, Dec 158 N
Cooky, gingerbread, life-size, Dec 88 all
Dried fruit bars, Dec 138 all
Hot pot, holiday, Nov 244 all

Food (contd.)
Party, New Mexican *posole*, Dec 84 all
Pie, chocolate swirl eggnog, Dec 137 all
Pretzels, cheese herb, Dec 150 all
Salad bowl, holiday, Dec 137 all
Salad, christmas eve, Dec 138 all
Stollen, German, Dresden-style, Dec 177 all
Turnovers, mincemeat, fried, Dec 138 all

Gift Ideas
Art sales, student, Southern Calif., Dec 44 S, D
Ball for play, fleecy, Dec 116 all
Cook book, family, Dec 118 all
Craft, art sales, colleges, art schools, San Francisco Bay Area, Dec 28 C
Doll family made from discarded clothing, Oct 118 all
English holly seedlings, Dec 181 N
Food gifts made by children, Dec 142 all
House plants, tough, Dec 181 N, D
House plants, unusual, Dec 202 all
Lily bulbs, Asiatic hybrids, Dec 86 all
"Logs" made from eucalyptus bark, Dec 201 S, D
Musical toys, small, to take along, Dec 42 N, 22 C, 41 S, D
Pacific Horticulture subscription, Dec 181 all
Photograph blowups from western archives, Dec 94 all
Picnic kit for two travelers, Dec 56 all
Starter kits for kids, Dec 128 all
Toys, Mexican, Dec 49 all
Western wear, Denver stores, Dec 38 all

Food and Entertaining

etizers
tizer cheese dip, Sept 91 all
tizer mini-quiches, four fillings, July 154 all
dip olé, easy, Nov 192 all
dip, A.J.'s, June 166 all
oli stars, Nov 238 all
mbert, stuffed, appetizer, e 180 all
ts, marinated whole, July 152 all
e appetizer, stuffed, Apr 262 all
e crisps, buttery, Dec 143 all
e herb pretzels, Dec 150 all
e palm leaves, herbed, June 153 all
e squares, Danish, June 153 all
en wing appetizers, Oct 194 all
s with cheese, Dec 138 all
mon twists, June 153 all
s consommé, Jan 89 N
rolls, toasted, Dec 136 all
on-cob with fixings, Aug 113 N, C
ents, sweet or savory, June 153 all
iches, Aug 113 N, C
heese onion rolls, Oct 182 C
d mushrooms, miso-marinated, 202 all
fingers, Aug 112 N, C
room tarts, savory, Mar 160 all
ge smile, Aug 113 N, C
t sauce dumplings, hot, spicy, Mar 194 all
tte rounds, Aug 113 N, C
out-of-hand, Aug 112 N, C
sas, Dec 158 C
kraut-hot dogs, Aug 113 N, C
ish, barbecued, Aug 112 N, C
e of pork, veal, and ham, Apr 236 all
e, country, Apr 238 all
good and simple, Feb 130 all
eaves, lentils and bulgur-stuffed, y 246 all
eaves, rice-stuffed, May 245 all

Baking
—Breads
Quick Breads
almond-banana, July 161 all
biscuits, bacon or cheese, camp-oven recipe, Aug 71 all
biscuits, caraway, Feb 121 S, D
buns, cranberry-orange sticky, Nov 233 all
chile-corn, camp-oven recipe, Aug 70 all
cornbread, O'Connell, May 236 all
crackers, baking powder, Nov 198 all
crackers, rye, Nov 198 all
crackers, sweet anise, Nov 198 all
crackers, whole wheat, Nov 198 all
croutons, herb and onion seasoned, Oct 212 C, S, D
croutons, three kinds, Oct 212 C, S, D
French toast, Hawaiian, Jan 87 all
gingerbread, strudel-topped, camp-oven recipe, Aug 71 all
muffins, carrot and bran, May 234 all
muffins, cornflake breakfast, Aug 128 all
muffins, fruit and bran, May 234 all
nachos, breakfast, Nov 218 all
Nepalese, Oct 204 all
popovers, big, crisp, Nov 119 all
popovers, pushover, Oct 188 all
raisin bran, Oct 166 all
raisin-nut, lemony, July 161 all
Yeast Breads
almond-poppy seed, Nov 216 all
apricot-poppy seed, Nov 216 all
banana Anadama date, Apr 265 all
blueberry breakfast ring, July 135 all
breadsticks, herb and garlic, Dec 174 all
breadsticks, toasted onion and sesame, Dec 174 all
breadsticks, whole grain, Dec 174 all
brioche, petite, Mar 182 all
buns, honey-wheat, Sept 150 all

Baking (contd.)
—Breads (contd.)
buns, masa, Feb 115 all
cardamon rounds, fruited, Mar 160 all
cheesy casserole, Jan 82 all
christmas wreath, almond-cherry, Dec 92 all
cinnamon roll lamb, Mar 102 all
cinnamon-swirl loaf, June 150 all
doughnuts Portuguese, Mar 176 N, 196 S, D
freezer, quantity, Jan 49 all
hot cross bread, Mar 167 all
maple and molasses, Oct 209 all
maple sesame swirls, Oct 209 all
Maury's loaf, Apr 232 all
mini-loaves, herb-cheese, orange-date, wheat, white, Aug 138 N
onion rounds, open-faced, Nov 195 all
onion, Nurnberg, Nov 250 all
orange sourdough casserole, Oct 182 N, S, D; Nov 208 C
peasant Palestinian, Mar 205 all
pinwheels, savory Italian, Apr 248 all
pumpkin loaves, raisin and nut, Nov 226 all
refrigerator, quantity, Jan 48 all
rolls, buttery casserole, Nov 249 all
rolls, buttery sourdough pan, Oct 183 N, S, D; Nov 209 C
rolls, dinner, perfect, Nov 249 all
rolls, cottage cheese sourdough, May 252 all
rolls, refrigerator, four-way, Nov 248 all
rolls, surprise, Aug 126 all
rolls, sweet, cinnamon-nut, Nov 249 all
rolls, sweet, orange, Nov 249 all
snack, chewy, Apr 208 all
sopaipillas, New Mexican, Apr 114 all
sourdough refrigerator, super, May 250 all
sourdough rye, Finnish farmer, May 250 all
sourdough starter 1978, May 131 all
sourdough 3-wheat batter, May 250 all
stollen, German, Dresden-style, Dec 177 all

Baking (contd.)
—Cakes
Brownie, frosted, May 200 all
Cheesecake, banana-pineapple, Feb 134 all
Cheesecake, fresh cheese, Sept 91 all
Chiffon, orange, with strawberry sauce, Apr 207 all
Cocoa ripple, May 200 all
Cupcakes, carrot prune, May 254 all
Cupcakes, honey applesauce, May 254 all
Pecan chews, June 194 all
Persimmon spice, Nov 193 all
Persimmon, crisp, Oct 224 all
Pumpkin custard squares, Oct 198 all
Rum, creamy, individual, July 131 all
Tart, sponge cake, Oct 187 C
Torte cinnamon-apple, Mar 197 C; Nov 215 S, D
Torte, grated chocolate, May 200 all
Upside-down, Swedish, Jan 89 S, D

—Coffee Cakes
Blueberry breakfast ring, July 135 all
Camp, Aug 70 all
Fig, fresh, June 183 all
Shortcake, breakfast, July 128 all
Sourdough streusel, May 252 all

—Cookies
Almond macaroons, chocolate-covered, Nov 256 all
Bran bars, chewy, Jan 83 all
Branapple bars, July 139 all
Chocolate chip grapefruit bars, Jan 89 C
Coconut bars, lemony, Sept 143 all
Coffee and pumpkin spice, Oct 200 all
Coffee squares, spicy, Jan 89 C
Cooky ornaments, candy-filled, Dec 158 N
Easy-to-shape, Oct 168 all
Fig bar, buttery, June 182 all
Gingerbread, life-size, Dec 88 all
Granola nibble, Sept 150 all
Ice cream sandwiches, almost irresistible, May 20, C, S, D
Mincemeat oatmeal bars, Sept 143 all
Newtons, dried-fruit, Nov 242 all
Oatmeal-nutmeg breakfast, July 139 all
Peanut butter gems, Sept 139 all
Pinwheel, Swedish, Dec 178 all
Pumpkin bars Oct 200 all
Shortbread, cooky stamp, Nov 126 N, C

—Pancakes and Waffles
Pancakes
blintzes, fresh cheese, Sept 91 all
cottage cheese stuffed, topped with strawberries, May 206 all
crêpes crab and avocado, Mar 175 N, C
crêpes, brunch, sausage and spinach, Apr 256 all
crêpes, crab and avocado, Dec 148 S, D
crêpes, lemon chiffon, June 186 all
crêpes, sourdough, May 250 all
crêpes, sprout, curried chicken filling, June 176 all
crêpes, sprout, shrimp filling, June 177 all
Waffles
orange-yogurt, Dec 166 all
with fresh, sliced strawberries, May 207 all

—Pies and Pastries
Desserts
apple pie for a crowd, Now 206 all
apple strudel pastries, Apr 258 all
berry ripple ice cream pie, Aug 134 all
caramel nut angel pie, May 199 all
cheese squares, Danish, June 153 all
chimechangas, dessert, May 226 all
chocolate swirl eggnog pie, Dec 137 all
cinnamon twists, June 153 all
crookneck, Oct 167 all
concord grape pie, Sept 160 all
cran-apple lattice pie, Nov 232 all

Baking (contd.)
—Pies and Pastries (contd.)
cranberry streusel squares, Nov 233 all
crescents, sweet, June 153 all
doughnuts, baked spiced, Oct 180 all
dried fruit bars, Dec 138 all
fruit pastries, Argentine, Nov 202 N
fruit pie chart, June 106 all
green tomato mincemeat pit, Oct 173 all
kadaiff, Oct 183 C
kolachke, Sept 166 all
milk pie, Greek, Mar 192 all
mincemeat squares, streusel-topped, Nov 207 N
Napoleons, June 178 all
pastry, flaky, June 107 all
Pavlova, June 156 all
pineapple-raisin pie, Feb 111 all
puff pastry, easy, June 153 all
pumpkin pie squares, creamy, Nov 206 N, 207 C, S, D
shredded pastry, cheese-filled, Nov 212 all
shredded pastry, made with shredded wheat cereal, Nov 212 all
shredded pastry, nut-filled, Nov 212 all
sweet-potato pastries, Nov 202 N
tart, fruit-of-the-season, Feb 122 all
tart, sponge cake, Oct 187 C
tarts, custard, May 258 all
torte peanut pretzel, Mar 188 all
torte, cannoli, June 151 all
turnovers, mincemeat, fried, Dec 138 all
Entrées
appetizer mini-quiches, four fillings, July 154 all
breakfast cheese pie, Apr 250 all
dumplings peanut sauce, hot, spicy, Mar 194 all
ground beef in crust, Sept 139 all
kraut Bieroch, Apr 224 all
onion pie, beefeaters, Mar 170 all
pizza, breakfast, bacon and cheese, ham and mushroom, July 158 all
pizza, double-crust deep-dish, Oct 178 all
pizza, Mexican, July 170 all
puff pastry, easy, June 153 all
quiche, mushroom crust, Nov 192 all
quiche, spinach and feta, May 224 all
ravioli, big or little, Oct 174 all
rolls, fila cheese onion, Oct 182 C
soufflé roll, Baja, Aug 122 all
soufflé roll, filled, Oct 186 S, D
Swiss chard pie, Apr 219 all
tarts ham and cheese, Mar 164 S, D
turnovers, crusty Italian, June 160 all
vegetable herb pie, Apr 218 all

Barbecuing
Beef steak with chirmol, lime, June 192 all
Carne Asada, Southwestern, Oct 190 all
Chicken wings with grilled potatoes, July 91 all
Chicken, chile-glazed, with peas, July 91 all
Chicken, onion-stuffed, July 91 all
Kebabs, ham-fruit, July 130 all
Lamb logs, Aug 118 all
Meat and vegetable grill, Mongolian, Apr 216 C
Pork loin, Apr 226 all
Pork steaks, May 248 all
Pork, Yucatan-style, June 158 C
Potatoes, paprika, May 248 all
Prime rib bones, Sept 149 all
Turkey quarters, July 136 all
Zucchini, giant stuffed, Oct 210 all

Beverages
Breakfast nog, strawberry, May 207 all
Cider, hot buttered cranberry, Dec 160 N, C, 158 S, D
Cider, pineapple-apple, Dec 160 N, C, 158 S, D
Cooler, tropical, Aug 132 all
Frosty, peach, Aug 132 all
Refresher, papaya, Aug 132 all
Sangría, citrus, chilled, July 78 all
Smoothie, strawberry-banana, Aug 132 all
Wine, spiced orange, Oct 192 all

Book Reviews
Cooking for Two, a *Sunset* book, Apr 254 a
Food Processor Cook Book, a *Sunset* book May 230 all
Wok Cook Book, a *Sunset* book, Oct 194 a

Candies
Apple walnut candy, Apr 246 all
Caramel nut stars, Dec 143 all
Nuts, spiced meringue, Dec 143 all
Peanut butter balls, Dec 143 all
Peanut butter snap, Oct 226 all
Popcorn and nut munch, crunchy, Nov 258
Sesame seed snap, Oct 226 all

Casseroles
Artichoke heart, individual, for two, Sept 158
Artichoke hearts, Swiss, Mar 186 all
Barley vegetable, May 220 all
Bean bake, super, Sept 162 all
Beef and barley, Spanish, June 188 all
Cabbage rolls, sweet and sour, May 218 S,
Celery lima medley, May 199 all
Chard and potatoes, scalloped, July 156 all
Chard with cheese, baked, July 157 all
Chayote crab, Oct 213 N
Chicken and broccoli Mornay, Feb 122 all
Chicken and onions, Palestinian, Mar 205
Chicken berserk, June 166 all
Chicken ramekins, savory biscuit-topped, Feb 138 all
Chicken, drunken, Jan 86 all
Crêpes, brunch, sausage and spinach, Apr 256 all
Eggplant, layered, Oct 218 all
Eggs, scrambled ahead, Apr 257 all
Enchiladas, creamy mushroom, May 229 a
Fish, baked, with mushroom sauce, Jan 53
Lasagne, zucchini, July 128 all
Leeks au gratin, Oct 214 all
Limas and chicken overnight, Nov 234 all
Macaroni and cheese, creamy baked, Feb 13
Moussaka, seasonal, June 158 N, S, D
Mushroom-rice, individual, May 229 all
Nachos, breakfast, Nov 218 all
Oyster-shrimp ramekins for two, Feb 112 a
Pasta ramekins with ham, peas, Feb 132 N
Pork chop, scalloped smoked, Oct 220 all
Pork chops with cranberry dressing, Nov 19
Potatoes cheesy caraway, Feb 110 all
Potatoes, gratin, Apr 214 all
Potatoes, mashed, do-ahead, Nov 222 all
Potatoes, princely, Dec 154 all
Rice, chile and cheese, for two, Sept 159 a
Salmon kedgeree, Mar 164 S, D
Sausage and green chile strata, Apr 257 all
Soufflé, chicken liver, Nov 254 all
Spinach-artichoke, creamy, Apr 206 all
Sprout frittata, puffy, Aug 141 all
Squash and spinach, Aug 111 all
Sweet potato puff ramekins, Nov 192 all
Tamale pies, individual, for two, Sept 158
Terrine of pork, veal, and ham, Apr 236 a
Terrine, country, Apr 238 all
Tortilla vegetable, June 150 all
Turkey-tortilla, Dec 137 all
Veal parmigiana for two or four, Feb 140
Vegetables, coriander baked, Mar 161 all
Vegetables, summer, Santa Rosa, Sept 162 all
Zucchini-corn combo, Aug 118 all

Cereals and Macaroni
Barley
and beef, Spanish, June 188 all
casserole, barley vegetable, May 220 all
soup, barley beef vegetable, Dec 148 N, 145
Bran
bars, branapple, July 139 all
bars, chewy, Jan 83 all
muffins, carrot and bran, May 234 all
muffins, fruit and bran, May 234 all
Cornmeal
cornbread, O'Connell, May 236 all

reals and Macaroni (contd.)
nola
reakfast parfait with strawberries, May 207 all
ookies, granola nibble, Sept 150 all
uit-nut, Dec 143 all
caroni
nd cheese, creamy baked, Feb 132 N
asta ramekins with ham, peas, Feb 132 N
odles
oup, beef goulash noodle, Dec 148 N, 144 S, D
meal
ars, mincemeat oat, Sept 143 all
ookies, oatmeal-nutmeg breakfast, July 139 all
eef and rice in a pot, Mar 177 C; May 209 N
asseroles, mushroom-rice, individual, May 229 all
hile and cheese, for two, Sept 159 all
aella Agoura, July 146 all
udding, Caribbean raisin-rum, Mar 178 N, C, 176 S, D
udding, fruited, with coconut, Mar 179 N, C, 177 S, D
udding, lemon meringue, Mar 178 N, C, 176 S, D
udding ring, July 150 all
usty, Sept 146 all
lad, artichoke and rice, Sept 171 all
lad, bacon-and-rice artichoke, June 198 all
lad, curried, Aug 110 all
lad, mixed vegetable-rice, Sept 171 all
up chicken, with lemon-rice, Mar 164 N, C; Nov 202 S, D
ushi, June 114 all
ushi, mixed, June 114 all
omatoes and vine leaves, baked stuffed, May 246 all
ne leaves, rice-stuffed, May 245 all
ghetti
ith squid sauce, Sept 172 all
eat, bulgur
Mexicana, Oct 167 all
up, lamb and bulgur, Nov 241 all
upper salad, Nov 240 all
omato-cheese, Nov 241 all
ne leaves, lentils and bulgur-stuffed, May 246 all

iry Products and Eggs

utter
ored butters to season potatoes, Apr 129 all
h or nectarine-flavored, fresh, Aug 115 all

uttermilk
ssing, green goddess buttermilk, Sept 176 all
ssing, herbed, Sept 176 all
ssing, Thousand Island buttermilk, pt 176 all

heese
etizer cheese dip, Sept 91 all
etizer, stuffed Camembert, June 180 all
etizer, stuffed cheese, Apr 262 all
uits, cheese, camp-oven recipe, Aug 71 all
tzes, fresh cheese, Sept 91 all
ds, cheesy casserole, Jan 82 all
ur, tomato-cheese, Nov 241 all
se squares, Danish, June 153 all
se, fresh, from milk, buttermilk, Sept 90 all
se, fresh, from milk, buttermilk, further help, c 141 all
secake, fresh cheese, Sept 91 all
s with cheese, Dec 138 all
nechangas, cheese and raisin filling, ay 226 all
s, buttery cheese, Dec 143 all
wiches, Aug 113 N, C
lue, sharp cheese, July 130 all
topping, for potatoes, Apr 129 all
chke, Sept 166 all
aroni and cheese, creamy baked, Feb 132 N
nes, raspberry-cheese, Aug 142 all

Dairy Products and Eggs (contd.)
—Cheese (contd.)
Pie, breakfast cheese, Apr 250 all
Pizza, breakfast, bacon and cheese, July 158 all
Potatoes, chile and Cheddar-stuffed, Apr 129 all
Potatoes, spinach and Swiss-stuffed, Apr 129 all
Pretzels, cheese herb, Dec 150 all
Quiche, spinach and feta, May 224 all
Rarebit mushroom olive, over sausage-topped muffins, Mar 164 S, D
Rice, chile and cheese, for two, Sept 159 all
Rolls, pan, cottage cheese sourdough, May 252 all
Shredded pastry, cheese-filled, Nov 212 all
Soufflé, Camembert, Jan 100 all
Sour cottage sauce, Feb 116 all
Spread, Muenster and chile, Nov 253 all
Swiss crabwiches, Apr 207 all
Tarts ham and cheese, Mar 164 S, D
Torte, cannoli, June 151 all
With chard, baked, July 157 all

—Cream
Sour cream-and-ham oven omelet, Oct 176 all
Sour cream-topped pineapple, Apr 252 all

—Eggs
Custard strips, fried, Chinese, Oct 223 all
Deviled, miso, Oct 202 all
Frittata, sprout, puffy, Aug 141 all
Huevos Diablo, Sept 164 all
Nachos, breakfast, Nov 218 all
Omelet, country, for two, Apr 254 all
Omelet, oven, sour cream-and-ham, Oct 176 all
Omelets, chopped clam, for two, Sept 138 all
Omettata, German, Mar 200 N, S, D
Omettata, Italian, Mar 200 N, S, D
Omettata, Mexican, Mar 200 N, S, D
Omettata, Oriental, Mar 200 N, S, D
Opening day, Dec 154 all
Pavlova, June 156 all
Sandwiches, frying pan, Aug 120 all
Scrambled ahead, Apr 257 all
Soufflé, Camembert, Jan 100 all
Soufflé, chicken liver, Nov 254 all
Soup, poached lingcod with Greek egg, Mar 165 N, C; Nov 203 S, D
Tarts, custard, May 258 all

—Yogurt
Drinks, frosty fruit, four recipes, Aug 132 all
Herb topping, low-calorie, for potatoes, Apr 129 all
Hollandaise sauce, Mar 198 all
Soup with barley and spinach, Dec 164 all
Soup with meatballs, Dec 164 all
Soup, tomato and yogurt, chilled, June 191 all
Sourdough starter 1978, May 130 all
Waffles, orange-yogurt, Dec 166 all
Yogurt chicken with oranges, Feb 110 all

Desserts
(Also see Pies and Pastries, p. 16)
Apple crisp, spicy, Mar 196 C
Apples baked, meringue-covered, Mar 197 C
Apples flambé, poached, Mar 197 C
Apples, crumb-coated, Nov 224 all
Citrus consommé, Jan 89 N
Crepes, lemon chiffon, June 186 all
Custard flan, spiced caramel, July 163 all
Custard strips, fried, Chinese, Oct 223 all
Fondue chocolate, Mexican, Feb 124 all
Ice cream
chocolate sundae peaches, Aug 142 all
fig, fresh, June 183 all
parfaits, rhubarb berry, May 222 all
pie, berry ripple, Aug 134 all
pie, caramel nut angel, May 199 all
sandwiches, almost irresistible, May 208 C, S, D
sundaes, almond-currant peach, Aug 142 all
sundaes, banana-almond, Sept 154 all

Desserts (contd.)
Ices
boysenberry, May 232 all
lemon, May 232 all
orange, May 232 all
papaya, May 232 all
pineapple, May 232 all
raspberry, May 232 all
strawberry, fresh, May 230 all
Lichee-orange dessert, Jan 84 all
Papaya ambrosia, Mar 190 all
Peaches, macaroon baked, Aug 111 all
Peaches, poached, Aug 142 all
Peaches, raspberry-cheese, Aug 142 all
Pears meringue-topped, Mar 161 all
Pineapple, sour cream-topped, Apr 252 all
Puddings
pudding cones, July 130 all
rice Caribbean raisin-rum, Mar 178 N, C, 176 S, D
rice fruited, with coconut, Mar 179 N, C, 177 S, D
rice lemon meringue, Mar 17, N, C, 176 S, D
rice pudding ring, July 150 all
Sherbet cups, orange, July 129 all

Fish and Shellfish
Clams
appetizer mini-quiches, clam and bacon filling, July 155 all
cioppino Puget Sound-style, Mar 87 all
cioppino, San Francisco-style, Mar 87 all
eggs, opening day, Dec 154 all
omelets, chopped clam, for two, Sept 138 all
paella, clam and shrimp, Basque, May 202 all
rolls, toasted, Dec 136 all
with garlic butter, Oct 196 all
Crab
artichokes, seafood-stuffed, Dec 136 all
casserole, chayote crab, Oct 213 N
cioppino, three versions, Mar 84 all
crêpes crab and avocado, Mar 175 N, C; Dec 148 S, D
deep sea surprise, Feb 130 all
seafood curry for two, Feb 112 all
Swiss crabwiches, Apr 207 all
Fish on skewers, broiled, Dec 168 all
Fish soup fresh, Nigerian, Feb 72 C
Fish, baked, with mushroom sauce, Jan 53 all
Fish, frozen, quick-step dinners, Jan 52 all
Fish, poached, and vegetables in cheese sauce, Jan 53 all
Fish, poached, carrot-topped, Jan 53 all
Lingcod
cioppino, Los Angeles-style, Mar 86 all
soup poached lingcod with Greek egg, Mar 165 N, C; Nov 203 S, D
Lobster
cioppino, Los Angeles-style, Mar 86 all
Oysters
ramekins for two, oyster-shrimp, Feb 112 all
Red snapper, Veracruz-style, Apr 216 N
Rockfish
spiced, Malaysian, Nov 201 all
tofu, fish-stuffed, May 218 N, C; Nov 208 D
Salmon
burritos, cool, Sept 168 all
cioppino, Puget Sound-style, Mar 87 all
kedgeree, Mar 164 S, D
poached, chilled, July 132 all
scramble, Mar 172 all
Scallops
fish on skewers, broiled, Dec 168 all
paper-wrapped, Nov 209 N, S
sauté scallop and vegetable pesto, for two, Feb 113 all
Shark
Cabrillo, Sept 146 all
Shellfish appetizers, barbecued, Aug 112 N, C
Shrimp
and cabbage, Asian-style, microwave-cooked, Sept 156 all
and spinach, Nigerian, Feb 72 C; Mar 196 N, 106 S, D
appetizer mini-quiches, shrimp and ripe olive filling, July 155 all

Fish and Shellfish (contd.)

Shrimp (contd.)
artichoke, seafood-stuffed, Dec 136 all
cheesy, with asparagus, Mar 160 all
cioppino, San Francisco-style, Mar 87 all
crepes, sprout, deviled shrimp filling, June 177 all
curry, spiced-to-taste, Mar 188 all
deep-sea surprise, Feb 130 all
omettata, Oriental, Mar 200 N, S, D
paella Agoura, July 146 all
paella, clam and shrimp, Basque, May 202 all
ramekins for two, oyster-shrimp, Feb 112 all
seafood curry for two, Feb 112 all
Sole
Florentine, poached, Feb 116 all
Squid
and onions, sauteed, Sept 172 all
batter-fried, Sept 172 all
paella Agoura, July 146 all
salad, calamary antipasto, Jan 102 all
sauce with spaghetti, Sept 172 all
Steelhead
Vera Cruz, Oct 190 all
Swordfish
steaks, Aug 111 all
Tuna
and zucchini, pan-stirred, for two, Sept 159 all
mold, antipasto tuna, July 148 all
salad bowl, tuna garden, July 129 all
salad, roasted hot pepper and tuna, Sept 78 all
sandwiches, hot, Jan 83 all
Turbot
tofu, fish-stuffed, May 218 N, C; Nov 208 D

Foreign Cookery

—African
Cabbage rolls, South African, Apr 220 all
Cuscus (Nigerian chicken and vegetable soup), Feb 72 C; Mar 196 N, 106 S, D
Dinner Nigerian soup, Feb 72 C; Mar 196 N, 106 S, D
Obe Adiye (Nigerian chicken soup) Feb 72 C; Mar 196 N, 106 S, D
Obe Eran Malu (Nigerian beef soup), Feb 72 C; Mar 196 N, 106 S, D
Obokun (Nigerian fresh fish soup, Feb 72 C; Mar 196 N, 106 S, D
Plantains, fried, Feb 72 C; Mar 196 N, 106 S, D
Spinach and shrimp, Nigerian, Feb 72 C; Mar 196 N, 106 S, D
Stew, groundnut, Mar 168 all

—Basque
Paella, chicken and chorizo, May 202 all
Paella, clam and shrimp, May 202 all

—Chinese
Beef and rice in a pot, Mar 177 C; May 209 N
Chicken, paper-wrapped, Nov 208 N, S
Chicken, sizzling, Mar 177 C; May 209 N
Chicken, sweet and sour baked, Mar 206 all
Cooking pots, clay, Mar 176 C; May 208 N
Custard strips, fried, Oct 223 all
Dumplings peanut sauce, hot, spicy, Mar 194 all
Grill, Mongolian, meat and vegetable, Apr 216 C
Marinade sweet and sour, Mar 206 all
Pork, paper-wrapped, Nov 209 N, S
Sauce sweet and sour kumquat, Mar 206 all
Scallops, paper-wrapped, Nov 209 N, S
Spareribs sweet and sour, Mar 206 all
Steak sweet and sour, Mar 206 all
Stew pork and carrot, Mar 177 C
Stew, pork and carrot, May 209 N
Tofu, fish-stuffed, May 218 N, C; Nov 208 D
Wok Cook Book, Sunset book, Oct 194 all

—Czechoslovakian
Biscuits caraway, Feb 121 S, D
Pork roast with black gravy, Bohemian-style, Feb 121 S, D
Sauerkraut, butter-sauteed, Feb 121 S, D

Foreign Cookery (contd.)

—English
Brunch, Easter, Mar 164 S, D
Lemon curd, May 205 all
Mushrooms and kidneys, creamy, Mar 164 S, D
Rarebit, mushroom olive, over sausage-topped muffins, Mar 164 S, D
Salmon kedgeree, Mar 164 S, D
Tarts, ham and cheese, Mar 164 S, D

—French
Gratin Dauphinois (gratin potatoes), Apr 214 all
Leeks au gratin, Oct 214 all
Leeks Provencal, Oct 216 all
Leeks, herbed, Oct 214 all
Leeks, marinated, Oct 216 all
Pan bagnat, Nov 195 all
Pie, Swiss chard, Apr 219 all
Pommes de terre à la Dauphine (potatoe soufflé puffs), Apr 215 all
Pommes de terre farcies (sausage-stuffed potatoes), Apr 215 all
Potatoes Anna, seasoned, Apr 214 all
Rabbit Dijon, tender, Aug 138 C, S, D
Salade de pommes de terre (potatoes vinaigrette), Apr 215 all
Salade Nicoise, July 131 all
Terrine of pork, veal, ham, Apr 236 all
Terrine, country, Apr 238 all
Tourte aux herbes (vegetable herb pie), Apr 218 all

—German
Cabbage pudding Schleswig-Holstein, Nov 236 all
Stollen, Dresden-style, Dec 177 all
Zwiebelkuchen, Nov 250 all

—Hawaiian
Papaya ambrosia, Mar 190 all
Pork simmered, Mar 190 all

—Hungarian
Lecso (pepper stew), Apr 138a S, D; 139 N, C
Stew, pork, Apr 138a S,D; 139 N, C

—Indian
Chicken, sweet and sour, June 184 all
Samosas, Dec 158 C

—Italian
Braciola (rolled flank steak), Mar 163 all
Calzone (crusty turnovers), June 160 all
Cioppino, three versions, Mar 84 all
Gravy, Neapolitan, Mar 163 all
Meatballs in Neapolitan gravy, Mar 163 all
Peppers and sausages, Apr 138 all
Pinwheels, savory, Apr 248 all
Salad, pepper, Apr 138 all
Sausage, making your own, Apr 266 all
Sausages Italian, simmered in Neapolitan gravy, Mar 163 all
Spareribs country-style, simmered in Neapolitan gravy, Mar 163 all
Veal parmigiana for two or four, Feb 140 all
Veal with peppers, Apr 138a S, D; 139 N, C

—Japanese
Eating in Tokyo, food adventure, Aug 62 all
Miso deviled eggs, Oct 202 all
Miso marinated grilled mushrooms, Oct 202 all
Sukiyaki, Apr 242 all
Sushi, make-your-own, party, June 112 all
Sushi, mixed, lunches, June 114 all
Tofu minestrone, Oct 166 all

—Jewish
Fricassee, sweet and sour, May 219 S, D
Holishkes (sweet and sour cabbage rolls), May 218 S, D

Foreign Cookery (contd.)

—Mexican
Burritos, make-your-own, June 194 all
Chili con queso (chilies with cheese), Dec 138
Chimechangas, dessert, May 226 all
Dinner, giant tacos, July 78 all
Empanaditas (fried mincemeat turnovers), Dec 138 all
Ensalada Nochebuena (Christmas Eve salad Dec 138 all
Flan, spiced caramel custard, July 163 all
Mercado shopping, downtown Los Angeles, Aug 112 S, D
Onions in sour orange sauce, June 158 C
Party, Posole, New Mexican, Dec 84 all
Pastelitos (dried fruit bars), Dec 138 all
Poc Chuc (barbecued pork), June 158 C
Posole (hominy and pork stew), Dec 84 all
Queso Relleno (stuffed cheese appetizer), Apr 262 all
Red snapper, Veracruz-style, Apr 216 N
Sangría, citrus, chilled, July 78 all
Slaw, jicama, Aug 122 all
Sopaipilla apple pudding, Apr 213 all
Sopaipillas in syrup, Apr 213 all
Sopaipillas, Apr 115 all
Soufflé roll, Baja, Aug 122 all
Soup, avocado condiment, June 190 all
Stew, green chile, Dec 84 all
Stew, red chile, Dec 84 all
Tacos, flour tortilla, giant, July 78 all
Tomato sauce, fresh, June 158 C

—Middle Eastern
Bread, Palestinian peasant, Mar 205 all
Chicken and onions, Palestinian, Mar 205 al
Dinner, Palestinian family, Mar 202 all
Galatoboureko (Greek milk pie), Mar 192 al
Grape leaves, freezing, canning, May 242 all
Kadaife, cheese-filled, Nov 212 all
Kadaife, nut-filled, Nov 212 all
Lamb in eggplant packets, Sept 140 all
Lamb with almonds and raisins, May 240 al
Moussaka, seasonal, June 158 N, S, D
Slaw garlic cabbage, Mar 205 all
Soup beef and vegetables with tomato, Mar 164 N, C
Soup chicken with lemon-rice, Mar 164 N, C
Soup poached lingcod with Greek egg, Mar 165 N, C
Soup, beef and vegetables with tomato, Nov 202 S, D
Soup, chicken with lemon-rice, Nov 202 S, I
Soup, poached lingcod with Greek egg, Nov 203 S, D
Soup, yogurt, with barley and spinach, Dec 164 all
Soup, yogurt, with meatballs, Dec 164 all
Tomatoes and vine leaves, baked stuffed, May 246 all
Vine leaves, lentils and bulgur-stuffed, May 246 all
Vine leaves, meat-stuffed, with egg-lemon sauc May 246 all
Vine leaves, rice-stuffed, May 245 all

—Moroccan
Couscous grain with raisins, steamed, Oct 99 C, S, D
Couscous party, Oct 96 C, S, D
Meatballs, garlic lamb, Oct 98 C, S, D
Stew broth, savory, Oct 97 C, S, D
Stew, meat and vegetable, Oct 99 C, S, D
Tomato sauce, hot, Oct 98 C, S, D

—Portuguese
Filhos (doughnuts), Mar 176 N, 196 S, D

—Scandinavian
Almond macaroons, chocolate-covered, Nov 256 all
Bread, sourdough rye, Finnish farmer, May 250 all

reign Cookery (contd.)
candinavian (contd.)
ce, upside-down, Swedish, Jan 89 S, D
okies, pinwheel, Swedish, Dec 178 all
sk (grilled pork steaks), May 248 all
ney beans, sweet and sour, May 222 all
atballs, Swedish oven, May 222 all
k rolls, Swedish stuffed, Mar 175 S, D
lov 202 C
ad, tray, May 222 all

outh American
becue, El Salvador-style (beef steak with hirmol, lime), June 192 all
rmol, June 192 all
pacho cream with condiments, Nov 222 all
tries, Argentine fruit, Nov 202 N
tries, sweet-potato, Nov 202 N
dwiches, thuringer, sauced, Nov 222 all

outheast Asian
f fritters, Korean, May 198 all
ad, Nepalese, Oct 204 all
sert, lichee-orange, Jan 84 all
, Malaysian spiced, Nov 201 all
pot supper, Vietnamese, Jan 84 all

Vest Indian
us consommé, Jan 89 N

uit
also Fruit, Dried)
les
nd romaine salad, Oct 167 all
pple crisp, spicy, Mar 196 C
aked, meringue-covered, Mar 197 C
ars, branapple, July 139 all
ndy, apple walnut, Apr 246 all
der, pineapple-apple, Dec 160 N, C, 158 S, D
umb-coated, Nov 224 all
pcakes, honey applesauce, May 254 all
ressing, onion apple, Nov 246 all
ambé, poached, Mar 197 C
azed, Oct 176 all
aleakala delight, Dec 154 all
llies, herb-apple, four recipes, Dec 144 N, 148 C
e for a crowd, Nov 206 all
e, cran-apple lattice, Nov 232 all
lad, cranberry fruit, molded, July 136 all
uce, apple-mint, brandied, flaming, Mar 184 all
rudel pastries, Apr 258 all
rte, cinnamon-apple, flaming, Mar 197 C
rte, cinnamon-apple, Nov 215 S, D
ith curried ham loaf, Mar 161 all
icots
arinade chinese sweet and sour, Mar 206 all
cados
ile slaw MacLean, May 238 all
êpes crab and avocado, Mar 175 N, C
êpes, crab and avocado, Dec 148 S, D
up, avocado condiment, Mexican, June 190 all
anas
ead, almond-banana, July 161 all
ead, banana Anadama date, Apr 265 all
eesecake, tofu banana-pineapple, Feb 134 all
m, Mar 200 C
antains, fried, Feb 72 C; Mar 196 N, 106 S, D
oothie, strawberry-banana, Aug 132 all
ndaes, banana-almond, Sept 154 all
ies
uce, cranberry-pear, flaming, Mar 184 all
ueberries
breakfast ring, July 135 all
ysenberries
ice, May 232 all
anberries
buns, cranberry-orange sticky, Nov 233 all
cider, hot buttered cranberry, Dec 160 N, C, 158 S, D

Fruit (contd.)
Berries (contd.)
jelly, Dec 143 all
pie, cran-apple lattice, Nov 232 all
pork chops with cranberry dressing, Nov 193 all
salad, cranberry fruit, molded, July 136 all
salad, two-berry, Nov 222 all
sauce, cranberry-orange, fresh, Nov 232 all
streusel squares, Nov 233 all
raspberries
ice, May 232 all
Pavlova, June 156 all
pie, berry ripple ice cream, Aug 134 all
raspberry-cheese peaches, Aug 142 all
strawberries
breakfast adventures, eight ideas, May 206 all
cake, orange chiffon, with strawberry sauce, Apr 207 all
ice, May 230 all
parfaits, rhubarb berry, May 222 all
pie, berry ripple ice cream, Aug 134 all
smoothie, strawberry-banana, Aug 132 all
Figs
coffee cake, fresh fig, June 183 all
cookies, bar, buttery fig, June 182 all
ice cream, fresh fig, June 183 all
Fruit pie chart, June 106 all
Fruit-of-the-season tart, Feb 122 all
Grapefruit
bars, chocolate chip grapefruit, Jan 89 C
salad, citrus spinach, Jan 83 all
Grapes
Concord grape pie, Sept 160 all
leaves, freezing, canning, May 242 all
vine leaves and tomatoes, baked stuffed, May 246 all
vine leaves, lentils and bulgur-stuffed, May 246 all
vine leaves, meat-stuffed, with egg-lemon sauce, May 246 all
vine leaves, rice-stuffed, May 245 all
Guavas
pastries, Argentine fruit, Nov 202 N
Kiwi
Pavlova, June 156 all
Kumquats
sauce sweet and sour, Mar 206 all
Lemons
bars, lemony coconut, Sept 143 all
bread, raisin-nut, lemony, July 161 all
crepes, lemon chiffon, June 186 all
curd, May 205 all
ice, May 232 all
pudding lemon meringue rice, Mar 178 N, C, 176 S, D
sangría, citrus, chilled, July 78 all
soup chicken, with lemon-rice, Mar 164 N, C; Nov 202 S, D
Lichees
dessert, lichee-orange, Jan 84 all
Limes
sangría, citrus, chilled, July 78 all
Melons (cantaloupe)
kebabs, ham-fruit, July 130 all
Nectarines
butter, Aug 115 all
Olives
appetizer mini-quiches, shrimp and ripe olive filling, July 155 all
rarebit mushroom olive, over sausage-topped muffins, Mar 164 S, D
Oranges
bread, orange sourdough casserole, Oct 182 N, S, D; Nov 208 C
buns, cranberry-orange sticky, Nov 233 all
cake, chiffon, with strawberry sauce, Apr 207 all
carrot sticks, orange-glazed, Dec 168 all
chicken, orange almond, microwave-cooked, Sept 157 all
dessert, lichee-orange, Jan 84 all
ice, May 232 all
marmalade easy, Feb 121 C; Mar 178 S, D
marmalade, pineapple orange, Nov 196 all

Fruit (contd.)
Oranges (contd.)
mini-loaves, orange-date wheat, Aug 138 N
salad, citrus spinach, Jan 83 all
salad, cranberry fruit, molded, July 136 all
salad, orange-bean, July 131 all
sangría, citrus, chilled, July 78 all
sauce, cranberry-orange, fresh, Nov 232 all
sauce, papaya-orange, flaming, Mar 184 all
sauce, sour orange, with onions, June 158 C
sherbet cups, July 129 all
sweet rolls, Nov 249 all
waffles, orange-yogurt, Dec 166 all
wedges with seasonings, Aug 113 N, C
wine, spiced orange, Oct 192 all
with yogurt chicken, Feb 110 all
Papayas
ambrosia, Mar 190 all
butter, smooth, Nov 196 all
ice, May 232 all
refresher, Aug 132 all
sauce, papaya-orange, flaming, Mar 184 all
with chicken breasts, Jan 94 all
Peaches
butter, Aug 115 all
chocolate sundae, Aug 142 all
frosty, Aug 132 all
macaroon baked, Aug 111 all
poached, Aug 142 all
raspberry-cheese, Aug 142 all
sundaes, almond-currant, Aug 142 all
Pears
glazed, Oct 176 all
meringue-topped, Mar 161 all
sauce, cranberry-pear, flaming, Mar 184 all
Persimmons
cake, crisp, Oct 224 all
cake, spice, Nov 193 all
Pineapple
cheesecake tofu banana-pineapple, Feb 134 all
cider, pineapple-apple, Dec 160 N, C, Dec 158 S, D
cooler, tropical, Aug 132 all
ice, May 232 all
kebabs, ham-fruit, July 130 all
marmalade, pineapple orange, Nov 196 all
pie pineapple-raisin, Feb 111 all
sour cream-topped, Apr 252 all
Plantains, fried, Feb 72 C; Mar 196 N, 106 S, D
Pomegranates
salad bowl, holiday, Dec 137 all
Quince
pastries, Argentine fruit, Nov 202 N
Rhubarb
parfaits, rhubarb berry, May 222 all
salad, Christmas Eve, Dec 138 all

Fruit, Dried
Apples
dried fruit bars, Dec 138 all
Apricots
bread, apricot-poppy seed, Nov 216 all
dried fruit bars, Dec 138 all
pudding, fruited rice, with coconut, Mar 179 N, C, 177 S, D
stuffing, almond-apricot, with oven-roasted turkey, Nov 220 all
Cherries
Christmas wreath, almond-cherry, Dec 92 all
Coconut
bars, lemony coconut, Sept 143 all
pudding, fruited rice, with coconut, Mar 179 N, C, 177 S, D
Dates
bread, banana Anadama date, Apr 265 all
mini-loaves, orange-date wheat, Aug 138 N
pudding, fruited rice, with coconut, Mar 179 N, C, 177 S, D
Dried-fruit Newtons, Nov 242 all
Fruited cardamom rounds, Mar 160 all
Granola, fruit-nut, Dec 143 all
Muffins, fruit and bran, May 234 all
Prunes
cupcakes, carrot prune, May 254 all
dried fruit bars, Dec 138 all

Fruit, Dried (contd.)
Raisins
and almonds with lamb, May 240 all
bread, raisin bran, Oct 166 all
bread, raisin-nut, lemony, July 161 all
chimechangas, cheese and raisin filling, May 226 all
pie, pineapple-raisin, Feb 111 all
pudding, rice, Caribbean raisin-rum, Mar 178 N, C, 176 S, D

Meat
Bacon
appetizer mini-quiches, clam and bacon filling, bacon and mushroom filling, July 155 all
biscuits, bacon, camp-oven recipe, Aug 71 all
hero, Monterey bacon, June 164 all
pizza, breakfast, bacon and cheese, July 158 all
salad, bacon-and-rice artichoke, June 198 all

Beef
barbecued, quick, microwave-cooked, Sept 156 all
carne Asada, Southwestern, Oct 190 all
chile Strothman, Aug 128 all
fritters, Korean, May 198 all
goulash à la fenestra, Jan 86 all
hot pot supper, Vietnamese, Jan 84 all
meat loaf in a breadbasket, Feb 121 N, 132 C, S, D
picnic in a pocket, Oct 111 all
prime rib bones, barbecued, Sept 149 all
roast, chuck, two dinners for four, Dec 144 C
roast, herb-crusted, Nov 238 all
salad, chili beef and corn, Apr 244 all
sandwiches picnic, barbecued beef, Feb 68 all
sandwiches, beef and vegetable salad, Oct 111 all
sauté, Hungarian, Dec 145 C
short ribs, spiced, Dec 162 all
shortrib, vegetable soup, Jan 82 all
sliced, in wine-caper marinade, Aug 120 all
soup, beef and vegetables with tomato, Mar 164 N, C; Nov 202 S, D
soup Nigerian, Feb 72 C; Mar 196 N, 106 S, D
steak, flank, rolled, Mar 163 all
steak in a bag, Oct 188 all
steak, sweet and sour Chinese, Mar 206 all
steak, thick broiled, with mixed vegetable garnish, Feb 136 all
steak, barbecued, with chirmol, lime, June 192 all
stew, Hungarian, Dec 144 C
stew, meat and marrow, June 168 all
sukiyaki, Apr 242 all
Ungarisches Zwiebelfleisch, Feb 126 all

Beef, Ground
balls, saucy Oriental cabbage, Apr 206 all
beans, chile, Mar 180 all
beef and barley, Spanish, June 188 all
beef and rice in a pot, Mar 177 C; May 209 N
beef ball curry, Oct 206 all
burgers, carrot beef, June 151 all
burritos, make-your-own, June 194 all
fricassée, sweet and sour, May 219 S, D
in crust, Sept 139 all
meal-in-itself, Dr. B's, Feb 128 all
meatball salad, sweet and sour, Sept 154 all
meatball-filled squash, tangy, Nov 228 all
meatballs stroganoff with peppers, Feb 118 all
meatballs, Italian, in gravy, Mar 163 all
meatballs, Swedish oven, May 222 all
meatloaf-stuffed acorn rings, Nov 231 all
omettata, Mexican, Mar 200 N, S, D
salad olé, May 198 all
sandwich spread, pizza, Nov 253 all
sandwiches, taco Joe, Aug 110 all
sausage meatballs in Italian sauce, Jan 96 all
sopa Richardido con Albondigas, July 144 all
soup, barley beef vegetable, Dec 148 N, 145 S, D
soup, beef goulash noodle, Dec 148 N, 144 S, D
soup, chile corn beef, Dec 148 N, 145 S, D

Meat (contd.)
Beef, Ground (contd.)
soup, creamy mushroom beef, Dec 148 N, 144 S, D
vine leaves, meat-stuffed, with egg-lemon sauce, May 246 all
zucchini, Gaston's stuffed, July 142 all

Brains
calf, batter-fried, Nov 210 all
calf, butter-sauteed, Nov 211 all

Frankfurters
sauerkraut-hot dogs, Aug 113 N, C

Ham
appetizer mini-quiches, ham and green chile filling, July 155 all
beans, cowboy, Mar 180 all
fingers, Aug 112 N, C
jam-glazed baked, Mar 186 all
kebabs, ham-fruit, July 130 all
loaf, curried, with apples, Mar 161 all
omelet, oven, sour cream-and-ham, Oct 176 all
pizza, breakfast, ham and mushroom, July 158 all
ramekins pasta, with ham, peas, Feb 132 N
salad, sesame ham and won ton, Apr 245 all
salad, vegetable-ham artichoke, June 198 all
sandwich loaf, savory, Oct 111 all
sandwiches, frying pan, Aug 120 all
sandwiches, grilled supper, microwave-cooked, Sept 157 all
soufflé roll, ham filling and mustard sauce, Oct 187 S, D
tarts, ham and cheese, Mar 164 S, D
terrine of pork, veal, and ham, Apr 236 all

Heart
nibbles for Rover, Dec 142 all

Kidney
and mushrooms, creamy, Mar 164 S, D

Lamb
in eggplant packets, Sept 140 all
logs, grilled, Aug 118 all
meatballs, garlic lamb, Oct 98 C, S, D
picnic in a pocket, Oct 111 all
shanks, Greek-style, Dec 162 all
shanks, Hawaiian, Apr 226 all
soup, lamb and bulgur, Nov 241 all
stew, caraway lamb, with biscuits, Jan 82 all
stew, meat and vegetable, Moroccan, Oct 99 C, S, D
vine leaves, meat-stuffed, with egg-lemon sauce, May 246 all
with almonds and raisins, May 240 all

Liver
and onions El Dorado, Dec 156 all
olé, microwave-cooked, Sept 157 all
terrine, country, Apr 238 all
Meat and vegetable grill, Mongolian, Apr 216 C

Pork
barbecued, Yucatan-style, June 158 C
beans, chile, Mar 180 all
buns, Indonesian-style, July 129 all
chops with cranberry dressing, Nov 193 all
chops, peanut, Nov 224 all
dumplings, peanut sauce, hot, spicy, Mar 194 all
Hawaiian simmered, Mar 190 all
loin, barbecued, Apr 226 all
meatballs, Swedish oven, May 222 all
paella Agoura, July 146 all
paper-wrapped, Nov 209 N, S
picnic in pocket, Oct 111 all
roast Bohemian-style, with black gravy, Feb 121 S, D
rolls Swedish stuffed, Mar 175 S, D; Nov 202 C
smoked chop roast, stuffed, Oct 220 all
smoked chops, orange-glazed, with yams, Oct 220 all
smoked chops, scalloped, Oct 220 all
sopa Richardido con Albondigas, July 144 all
soup, goulash, Dec 152 all

Meat (contd.)
Pork (contd.)
spareribs, oven-barbecued herbed, Feb 111
spareribs, simmered in Neapolitan gravy, Mar 163 all
spareribs, sweet and sour, Mar 206 all
steaks, grilled, May 248 all
stew pork and carrot, Mar 177 C
stew, hominy and pork, Dec 84 all
stew, Hungarian, Apr 138a S, D; 139 N,
stew, pork and carrot, May 209 N
sukiyaki, Apr 242 all
terrine of pork, veal, and ham, Apr 236 a
terrine, country, Apr 238 all

Rabbit
Dijon, tender, Aug 138 C, S, D; Oct 187 N

Sausage
and green chile strata, Apr 257 all
and peppers, Italian, Apr 138 all
chilehaus, May 238 all
chorizo and chicken paella, Basque, May 202 all
crêpes, brunch, sausage and spinach, Apr 256 all
Italian, making your own, Apr 266 all
Italian, simmered in Neapolitan gravy, Mar 163 all
meatball-filled squash, tangy, Nov 228 al
meatballs in Italian sauce, Jan 96 all
nachos, breakfast, Nov 218 all
omettata, German, Mar 200 N, S, D
omettata, Italian, Mar 200 N, S, D
pizza, double-crust deep-dish, Oct 178 al
pockets, sausage and sauerkraut, Microwa cooked, Sept 156 all
potato-sausage supper, May 199 all
potatoes, sausage-stuffed, Apr 215 all
rarebit, mushroom olive, over-sausage-topped muffins, Mar 164 S, D
sandwich spread, pizza, Nov 253 all
sandwiches, picnic, mustardy sausage, Feb 69 all
soup, Scott's ski, Nov 234 all
stuffing, cornbread and sausage, Nov 205
sandwiches, thuringer, sauced, Nov 222
turnovers, crusty Italian, June 160 all
zucchini, Gaston's stuffed, July 142 all

Tongue
turnovers, mincemeat, fried, Dec 138 all

Veal
meatballs stroganoff with peppers, Feb 11
meatballs, Swedish oven, May 222 all
parmigiana for two or four, Feb 140 all
stroganoff, Oct 166 all
terrine of pork, veal, and ham, Apr 236
with mushrooms, Feb 117 all
with peppers, Italian, Apr 138a S, D; 139

Menus
—Breakfasts
Camp or afloat (frying pan sandwiches), Aug 120 all
Christmas (orange-yogurt waffles), Dec 166
Summer (blueberry breakfast ring), July 13

—Brunches
Cheese pie, Apr 250 all
Chicken livers, June 197 all
Company (Camembert soufflé), Jan 100 all
Easter, English, Mar 164 S, D
For two (soup and sandwich), Nov 222 all
Quiche, feta cheese, May 224 all
Summer (blueberry breakfast ring), July 13
Weekend (sour cream-and-ham oven omele Oct 176 all

—Buffets
Beef and salad, Aug 118 all
Dinner, Swedish meatball, May 220 all
Grill, Mongolian, meat and vegetable, Apr 2
Salmon feast, cool, July 132 all

ıus (contd.)

inners
ecue, El Salvador-style (beefsteak with
irmol, lime), June 192 all
ecue, Fourth of July (turkey quarters),
ly 136 all
ember fish (broiled fish on skewers),
ec 166 all
er day (jam-glazed baked ham), Mar 186 all
ily Palestinian (chicken-and-onion
sserole), Mar 202 all
an for two or four (veal parmigiana),
b 138 all
tball, Swedish, May 220 all
ican (giant tacos), July 78 all
her's Day treat (baked chutney chicken),
ay 220 all
n, for six, autumn (peanut pork chops),
ov 224 all
a, deep dish, Oct 178 all
, Polynesian, Mar 190 all
st chicken, Dec 169 all
, Nigerian, Feb 72 C; Mar 196 N, 106 S, D
k for two or four, Feb 136 all
nksgiving, scaled-down, Nov 220 all

ınches
Japanese-style, June 114 all
vn baggers (honey-wheat buns),
pt 150 all
together, Mexican (make-your-own
rritos), June 192 all
vheel, Italian, Apr 248 all
he, feta cheese, May 224 all

ırties
day in camp, July 130 all
er, thrifty (Florentine turkey rolls),
n 98 all
oween, after-school, Oct 180 all
occan couscous dinner, Oct 96 C, S, D
de, New Mexican, Dec 84 all
board fondue, July 130 all
er, French, at anchor, July 131 all
i, June 112 all

cnics
h oven hot (barbecued beef picnic
ndwiches), Feb 68 all
h oven hot (mustardy sausage picnic
ndwiches), Feb 69 all
ball (super stadium sandwiches),
v 194 all
's that travel well, three menus, Oct 110 all

ppers
ecue, lazy day (lamb logs), Aug 116 all
role chicken, Feb 138 all
ken, Mexican, Apr 250 all
ide (Italian-sausage meatball sandwiches),
n 96 all
wo (soup and sandwich), Nov 222 all
ogether, Mexican (make-your-own
rritos), June 192 all
l, whole-meal (sweet and sour meatball
ad), Sept 152 all
fish, speedy (shrimp curry), Mar 188 all
, September (vegetable-basil soup),
t 152 all
amese hot pot, Jan 84 all
end (sour cream-and-ham oven omelet),
t 176 all

rowave Cookery
okes, seafood-stuffed, Dec 136 all
nd barley, Spanish, June 188 all
barbecued, quick, Sept 156 all
l, chewy snack, Apr 208 all
roles, artichoke heart, for two,
t 158 all
l with cheese, baked, July 157 all
en, orange almond, Sept 157 all

Microwave Cookery (contd.)
Crêpes, brunch, sausage and spinach, Apr 256 all
Eggs, scrambled ahead, Apr 257 all
Liver olé, Sept 157 all
Ovens and ovenware, choices, May 210 all
Peas, 'sugar snap', Oct 93 all
Pockets, sausage and sauerkraut, Sept 156 all
Potatoes, Apr 128 all
Rice, chile and cheese, for two, Sept 159 all
Sandwiches, grilled supper, Sept 157 all
Sausage and green chile strata, Apr 257 all
Shrimp and cabbage, Asian-style, Sept 156 all
Tamale pies, individual, for two, Sept 158 all
Zucchini and tuna, for two, Sept 159 all

Miscellaneous
Camp-oven breads, four recipes, Aug 70 all
Cooking for Two, a *Sunset* book, Apr 254 all
Croutons, seasoned, Oct 212 C, S, D
Food dryers built by gardener-cooks, July 168 N, C
Kitchenware, old-time, finding, restoring, Nov 134 all
Party meals for sea or camp, three menus, July 130 all
Wine glasses, washing, Apr 210 all

Nuts
Almonds
almond-poppy seed coils, Nov 216 all
and raisins with lamb, May 240 all
bread, almond-banana, July 161 all
caramel nut stars, Dec 143 all
chicken, orange almond, microwave-cooked, Sept 157 all
Christmas wreath, almond-cherry, Dec 92 all
pie, caramel nut angel, May 199 all
spiced meringue nuts, Dec 143 all
stuffing, almond-apricot, with oven-roasted turkey, Nov 220 all
sundaes, almond-currant peach, Aug 142 all
sundaes, banana-almond, Sept 154 all
Bread, raisin-nut, lemony, July 161 all
Granola, fruit-nut, Dec 143 all
Munch, popcorn and nut, crunchy, Nov 258 all
Peanuts
dumplings peanut sauce, hot, spicy, Mar 194 all
peanut butter balls, Dec 143 all
pork chops, peanut, Nov 224 all
torte peanut pretzel, Mar 188 all
Pecans
caramel nut stars, Dec 143 all
chews, June 194 all
Walnuts
candy, apple walnut, Apr 246 all
chimechangas, honey-walnut filling, May 226 all
shredded pastry, nut-filled, Nov 212 all

Poultry
Chicken
and broccoli Mornay, Feb 122 all
and limas overnight, Nov 234 all
and onions, Palestinian, Mar 205 all
appetizers, chicken wing, Oct 194 all
baked chutney chicken, May 220 all
berserk, spicy fried chicken, June 166 all
bouillon, Dec 169 all
breasts in mushroom sauce, Jan 92 all
breasts with papaya, Jan 94 all
breasts, mushroom-stuffed, Mar 170 all
broiled, curry-butter, Dec 160 S, D
chile-glazed, with peas, July 91 all
chutney, Sept 138 all
crêpes, sprout, curried chicken filling, June 176 all
Dijon, tender, Aug 138 C, S, D
drunken, Jan 86 all
fricassée, sweet and sour, May 219 S, D
hot pot, holiday, Nov 244 all

Poultry (contd.)
Chicken (contd.)
in aspic, July 148 all
livers Picarelli, Aug 126 all
livers, creamed, with Swiss chard, June 197 all
Mexican baked, Apr 252 all
omettata, Oriental, May 200 N, S, D
onion-stuffed, July 91 all
orange almond, microwave-cooked, Sept 156 all
paella Agoura, July 146 all
paella, chicken and chorizo, Basque, May 202 all
paper-wrapped, Nov 208 N, S
ramekins, savory biscuit-topped, Feb 138 all
roast, with vegetable platter, Dec 169 all
salad, curried chicken and fruit, Apr 245 all
salad, hoisin, Sept 166 all
sandwich loaf, savory, Oct 111 all
scallops, Italian-style, Apr 206 all
sizzling, Mar 177 C; May 209 N
sopa Richardido con Albondigas, July 144 all
soufflé roll, curried chicken filling and chutney sauce, Oct 187 S, D
soufflé, chicken liver, Nov 254 all
soup chicken and vegetable, Nigerian, Feb 72 C; Mar 196 N, 106 S, D
soup, chicken with lemon-rice, Mar 164 N, C; Nov 202 S, D
soup, homemade, Dec 170 all
soup, Nigerian, Feb 72 C; Mar 196 N, 106 S, D
stew, groundnut, Mar 168 all
stew, meat and vegetable, Moroccan, Oct 99 C, S, D
stuffing, black bread, Aug 130 all
sukiyaki, Apr 242 all
sweet and sour, baked, Mar 206 all
sweet and sour, Indian, June 184 all
wings with grilled potatoes, July 91 all
yogurt chicken with oranges, Feb 110 all
Turkey
acorn halves, turkey-stuffed, Nov 231 all
casserole, turkey-tortilla, Dec 137 all
dressing, cornbread and sausage, Nov 205 all
dressing, mushroom leek, Nov 246 all
dressing, onion apple, Nov 246 all
gravy, Nov 205 all
meatballs stroganoff with peppers, Feb 118 all
oven-roasted, with almond-apricot stuffing, Nov 220 all
quarters, barbecued, July 136 all
roast, boneless, with trimmings, Nov 204 all
roast, dark meat boneless, Nov 111 all
roast, white and dark boneless, Nov 111 all
roast, white meat boneless, Nov 111 all
rolls, Florentine, Jan 98 all
soup, Super Bowl, Jan 90 all

Preserving

—Conserves, Jams, Jellies, Preserves, Butters
Banana jam, Mar 200 C
Basil-apple jelly, Dec 144 N 148 C
Cranberry jelly, Dec 143 all
Green tomato mincemeat, Oct 173 all
Lemon curd, May 205 all
Mint-apple jelly, Dec 144 N, 148 C
Orange marmalade, easy, Feb 121 C; Mar 178 S, D
Papaya butter, smooth, Nov 196 all
Pineapple orange marmalade, Nov 196 all
Rosemary-apple jelly, Dec 144 N, 148 C
Thyme-apple jelly, Dec 144 N, 148 C

—Freezing
Grape leaves, May 242 all

—Relishes
Bell pepper strips, New Mexico marinated, Aug 110 all
Carrots, marinated whole, July 152 all
Chirmol, June 192 all

Salad Dressings
Buttermilk, herbs, Sept 176 all
Green Goddess buttermilk, Sept 176 all
Herbed, creamy, July 148 all
Mustard, July 148 all
Thousand Island buttermilk, Sept 176 all
Watercress, June 174 all

Salads
Antipasto tuna mold, July 148 all
Artichoke and rice, Sept 171 all
Artichoke, bacon-and-rice, June 198 all
Artichoke, vegetable-ham, June 198 all
Aspic, curry cream, Apr 217 S, D
Bulgur wheat supper, Nov 240 all
Calamary antipasto, Jan 102 all
Chicken and fruit, curried, Apr 245 all
Chicken in aspic, July 148 all
Chile slaw MacLean, May 238 all
Chili beef and corn, Apr 244 all
Christmas Eve, Dec 138 all
Citrus spinach, Jan 83 all
Cranberry fruit, molded, July 136 all
Croutons, seasoned, Oct 212 C, S, D
Hoisin, Sept 166 all
Holiday salad bowl, Dec 137 all
Lettuce, stuffed, Mar 172 all
Meatball, sweet and sour, Sept 154 all
Mixed vegetable-rice, Sept 171 all
Olé, May 198 all
Orange-bean, July 131 all
Pepper, Italian, Apr 138 all
Pepper, roasted hot, and tuna, Sept 78 all
Pepper, roasted sweet, and eggplant, Sept 78 all
Pepper, roasted, and tomato, Sept 78 all
Potatoes vinaigrette, Apr 215 all
Rice, curried, Aug 110 all
Romaine and apple, Oct 167 all
Romaine, Hood River, June 151 all
Salade Nicoise, July 131 all
Sesame ham and won ton, Apr 245 all
Slaw cabbage, crisp, Feb 69 all
Slaw, cumin cabbage, June 192 all
Slaw, garlic cabbage, Mar 205 all
Slaw, jicama, Aug 122 all
Slaw, mustard, May 248 all
Spinach and bean sprout, Sept 139 all
Sprout and tomato, Feb 110 all
Sprouts, mixed, and spinach, June 174 all
Squash, California, Aug 130 all
Swiss chard, marinated, July 157 all
Tray, Scandinavian, May 222 all
Tuna garden bowl, July 129 all
Two-berry, Nov 222 all
Vegetable marinated mixed, Feb 69 all
Vegetable, piquant, Apr 207 all

Sandwiches
Beef and vegetable salad, Oct 111 all
Beef barbecued, picnic, Feb 68 all
Breakfast, with strawberries, three ideas, May 207 all
Burritos, cool salmon, Sept 168 all
Burritos, make-your-own, June 194 all
Clam rolls, toasted, Dec 136 all
Fairwiches, Aug 113 N, C
Frying pan, for camp or afloat, Aug 120 all
Haleakala delight, Dec 154 all
Hero, Monterey bacon, June 164 all
Italian-sausage meatball, Jan 96 all
Loaf, savory, Oct 111 all
Meat loaf in a breadbasket, Feb 121 N, 132 C, S, D
Muenster and chili spread, Nov 253 all
Nepalese bread stuffed with beef ball curry, Oct 204 all
Onion rounds, open-faced, three fillings, Nov 195 all
Pan bagnat, Nov 195 all
Picnic in a pocket, Oct 111 all
Pizza spread, Nov 253 all
Pork buns, Indonesian-style, July 129 all
Sausage and sauerkraut pockets, microwave-cooked, Sept 156 all

Sandwiches (contd.)
Sausage mustardy, picnic, Feb 69 all
Sprout-wiches, June 174 all
Supper, grilled, microwave-cooked, Sept 157 all
Swiss crabwiches, Apr 207 all
Taco Joe beef, Aug 110 all
Tacos, flour tortilla, giant, July 78 all
Thuringer, sauced, Nov 222 all
Tuna, hot, Jan 83 all

Sauces and Syrups
Apple-mint, brandied, flaming, Mar 184 all
Cinnamon syrup, carmelized, for sopaipillas, Apr 213 all
Cranberry-orange, fresh, Nov 232 all
Cranberry-pear, flaming, Mar 184 all
Fondue chocolate, Mexican, Feb 124 all
Fondue, sharp cheese, July 130 all
Gravy, Neapolitan, Mar 163 all
Hollandaise, yogurt, Mar 198 all
Italian gravy for easy ravioli, Oct 175 all
Jalapeno, J & D, Sept 146 all
Kumquat, sweet and sour, Mar 206 all
Marinade, Chinese sweet and sour, Mar 206 all
Mayonnaise, lemon dill, July 135 all
Papaya-orange, flaming, Mar 184 all
Remoulade, July 135 all
Sour cottage, Feb 116 all
Squid, with spaghetti, Sept 172 all
Tomato, fresh, Yucatan-style, June 158 C
Tomato, hot, Oct 98 C, S, D

Soups
Avocado condiment, Mexican, June 190 all
Barley beef vegetable, Dec 148 N, 145 S, D
Bean, red, Lattschar, Apr 228 all
Beef and vegetables with tomato, Mar 164 N, C; Nov 202 S, D
Beef goulash noodle, Dec 148 N, 144 S, D
Beef, Nigerian, Feb 72 C: Mar 196 N, 106 S, D
Bisque, tomato and yogurt, chilled, June 191 all
Chayote, creamy, Oct 212 N
Chicken and vegetable, Nigerian, Feb 72 C; Mar 196 N, 106 S, D
Chicken bouillon, Dec 169 all
Chicken Nigerian, Feb 72 C; Mar 196 N, 106 S, D
Chicken with lemon-rice, Mar 164 N, C; Nov 202 S, D
Chicken, homemade, Dec 170 all
Chile corn beef, Dec 148 N, 145 S, D
Chile lentil, with condiments, Feb 111 all
Chile Strothman, Aug 128 all
Chilehaus, May 238 all
Chowder, Cambria corn, Dec 136 all
Cioppino, Los Angeles-style, Mar 86 all
Cioppino, Puget Sound-style, Mar 87 all
Cioppino, San Francisco-style, Mar 87 all
Fish, fresh, Nigerian, Feb 72 C; Mar 196 N, 106 S, D
Gazpacho cream with condiments, Nov 222 all
Goulash (gulyassuppe), Dec 152 all
Lamb and bulgur, Nov 241 all
Lentil vegetable, Nov 193 all
Lingcod, poached, with Greek egg, Mar 165 N, C; Nov 203 S, D
Meal-in-itself, Dr. B's, Feb 128 all
Minestrone, soybean, Aug 136 all
Minestrone, tofu, Oct 166 all
Mushroom beef, creamy, Dec 148 N, 144 S, D
Mushroom, mellow, May 198 all
Ski, Scott's, Nov 234 all
Sopa Richardido con Albondigas, July 144 all
Stew broth, savory, Oct 97 C, S, D
Stew, caraway lamb, with biscuits, Jan 82 all
Stew, Hungarian beef, Dec 144 C
Stew, meat and marrow, June 168 all
Summer, nothing-to-it, Sept 174 all
Turkey, Super Bowl, Jan 90 all
Vegetable-basil, fresh, Sept 152 all
Vegetable, with shortribs, Jan 82 all
Yogurt, with barley and spinach, Dec 164 all
Yogurt, with meatballs, Dec 164 all

Vegetables
Artichokes
casserole, spinach-artichoke, creamy, Apr 206 all
casseroles, artichoke heart, for two, Sept 159 all
hearts, Swiss, Mar 186 all
salad, artichoke and rice, Sept 171 all
salad, bacon-and-rice artichoke, June 198
salad, vegetable-ham artichoke, June 198
seafood-stuffed, Dec 136 all

Asparagus
with cheesy shrimp, Mar 160 all

Bean sprouts
omettata, Oriental, Mar 200 N, S, D
salad sprout and tomato, Feb 110 all

Beans
bake, super, Sept 162 all
chile, Mar 180 all
chilehaus, May 238 all
cowboy, Mar 180 all
dip olé, easy, Nov 192 all
dip A. J's, June 166 all
hot pot, holiday, Nov 244 all
kidney, sweet and sour, May 222 all
lima celery medley, May 199 all
limas and chicken overnight, Nov 234 all
pizza, Mexican, June 170 all
red, soup Lattschar, Apr 228 all
salad, orange-bean, July 131 all
salade Nicoise, July 131 all
soybean minestrone, Aug 136 all
tofu banana-pineapple cheesecake, Feb 13
tofu good and simple, Feb 130 all

Broccoli
chicken and broccoli Mornay, Feb 122 a
coriander baked vegetables, Mar 161 all
garden scramble, Oct 194 all
stars Nov 238 all

Cabbage
and shrimp, Asian-style, microwave-cool Sept 156 all
balls, saucy Oriental, Apr 206 all
chile slaw MacLean, May 238 all
goulash a la fenestra, Jan 86 all
kraut Bieroch, Apr 224 all
omettata, German, Mar 200 N, S, D
pudding Schleswig-Holstein, Nov 236 al
rolls, South African, Apr 220 all
rolls, sweet and sour, May 218 S, D
sauerkraut and sausage pockets, microw cooked, Sept 156 all
sauerkraut butter-sauteed, Feb 121 S, D
sauerkraut-hot dogs, Aug 113 N, C
slaw crisp, Feb 69 all
slaw, cumin, June 192 all
slaw, garlic, Mar 205 all
slaw, mustard, May 248 all

Carrots
burgers, carrot beef, June 151 all
coriander baked vegetables, Mar 161 all
croquettes, curried carrot, May 257 all
fish, poached, carrot-topped, Jan 53 all
muffins, carrot and bran, May 234 all
mustard-glazed, May 236 all
omettata, Italian, Mar 200 N, S, D
salad, mixed vegetable-rice, Sept 171 al
stew, pork and carrot, Mar 177 C; May 209 N
sticks, orange-glazed, Dec 168 all
whole miniature, marinated, July 152 all

Cauliflower
garden scramble, Oct 194 all

Celery
celery lima medley, May 199 all

Chard
and potatoes, scalloped, July 156 all
pie, Swiss chard, Apr 219 all
salad, marinated Swiss chard, July 157
with cheese, baked, July 157 all
with creamed chicken livers, June 197

etables (contd.)

yote
sserole, chayote crab, Oct 213 N
up, creamy, Oct 212 N

n
ead, chile-corn, camp-oven recipe, Aug 70 all
owder, Cambria, Dec 136 all
rn-on-the-cob with fixings, Aug 113 N, C
pcorn and nut munch, crunchy, Nov 258 all
lad, chile beef and corn, Apr 244 all
up, chile corn beef, Dec 148 N, 145 S, D
cchini-corn combo, Aug 118 all

umbers
aleakala delight, Dec 154 all

plant
sserole, layered, Oct 218 all
nb in eggplant packets, Sept 140 all
oussaka, seasonal, June 158 N, S, D
lad, roasted sweet pepper and eggplant, Sept 78 all
mmer vegetables Santa Rosa, Sept 162 all

iny
w, hominy and pork, Dec 84 all

na
w, Aug 122 all

s
gratin, Oct 214 all
ssing, mushroom leek, Nov 246 all
bed, Oct 214 all
rinated, Oct 216 all
ovencal, Oct 216 all

ls
d bulgur-stuffed vine leaves, May 246 all
le lentil, with condiments, Feb 111 all
ps, lentil vegetable, Nov 193 all

ce
naine and apple salad, Oct 167 all
naine, Hood River, June 151 all
ffed, Mar 172 all

rooms
d kidneys, creamy, Mar 164 S, D
etizer mini-quiches, bacon and mushroom filling, July 155 all
seroles, mushroom-rice, individual, May 229 all
cken breasts in mushroom sauce, Jan 92 all
cken breasts, mushroom-stuffed, Mar 170 all
quettes, spinach and mushroom, May 256 all
ssing, mushroom leek, Nov 246 all
hiladas, creamy mushroom, May 229 all
bed, June 150 all
o-marinated, grilled, Oct 202 all
za, breakfast, ham and mushroom, uly 158 all
che, mushroom crust, Nov 192 all
bit, mushroom olive, over-sausage-opped muffins, Mar 164 S, D
p, mellow, May 198 all
p, mushroom beef, creamy, Dec 148 N, 44 S, D
p, summer, nothing-to-it, Sept 174 all
s, savory, Mar 160 all
overs, crusty Italian, June 160 all
n swordfish steaks, Aug 111 all
n veal, Feb 117 all

ns
chicken, Palestinian, Mar 205 all
liver El Dorado, Dec 156 all
squid, sautéed, Sept 172 all
d, Nurnberg, Nov 250 all
ken, onion-stuffed, July 91 all
ssing, onion apple, Nov 246 all
wiches, Aug 113 N, C
our orange sauce, June 158 C
n rounds, open-faced, Nov 195 all
nsylvania-Dutch, Mother's, ly 144 all
beefeaters, Mar 170 all
arisches Zwiebelfleisch, Feb 126 all

Vegetables (contd.)

Peas
'sugar snap', serving ideas, Oct 93 all
ramekins pasta, with ham, peas, Feb 132 N
salad, mixed vegetable-rice, Sept 171 all
with chile-glazed chicken, July 91 all

Peppers
and sausages, Italian, Apr 138 all
appetizer mini-quiches, ham and green chile filling, July 155 all
bell pepper strips, New Mexico marinated, Aug 110 all
chile and Cheddar-stuffed potatoes, Apr 129 all
chile and cheese rice, for two, Sept 159 all
chile and muenster spread, Nov 253 all
chile-corn bread, camp-oven recipes, Aug 70 all
chiles with cheese, Dec 138 all
green chile and sausage strata, Apr 257 all
green chile stew, Dec 84 all
jalapeno sauce, J & D, Sept 146 all
meatballs stroganoff with peppers, Feb 118 all
omettata, Mexican, Mar 200 N, S, D
paprika, homemade, Apr 138a, 139 N, C, S, D
red chile stew, Dec 84 all
salad, Italian, Apr 138 all
salad, roasted hot pepper and tuna, Sept 78 all
salad, roasted pepper and tomato, Sept 78 all
salad, roasted sweet pepper and eggplant, Sept 78 all
sandwiches, grilled supper, microwave-cooked, Sept 157 all
soufflé roll, Baja, Aug 122 all
stew, Hungarian pepper, Apr 138a S, D, 139 N, C
sweet, old-country varieties, preparing, Apr 136 all
veal with peppers, Italian, Apr 138a S, D, 139 N, C

Potatoes
and chard, scalloped, July 156 all
Anna, seasoned, Apr 214 all
buying, storing, cooking methods, Apr 126 all
cheese caraway, Feb 110 all
chile and Cheddar-stuffed, Apr 129 all
flavored butters to season potatoes, Apr 129 all
gratin, Apr 214 all
grilled, with chicken wings, July 91 all
herb topping, low-calorie, Apr 129 all
mashed potato ring, baked, Apr 129 all
mashed, do-ahead, Nov 222 all
moussaka, seasonal, June 158 N, S, D
omettata, German, Mar 200 N, S, D
paprika, May 248 all
potato-sausage supper, May 199 all
princely, Dec 154 all
raclette rounds, Aug 113 N, C
raclette, Rocky Mountain, July 128 all
salade Nicoise, July 131 all
sausage-stuffed, Apr 215 all
souffle puffs, Apr 215 all
spinach and Swiss-stuffed, Apr 129 all
vinaigrette, Apr 215 all

Spinach
casserole, spinach-artichoke, creamy, Apr 206 all
casserole, squash and spinach, Aug 111 all
crêpes, brunch, sausage and spinach, Apr 256 all
croquettes, spinach and mushroom, May 256 all
filling for easy ravioli, Oct 175 all
potatoes, spinach and Swiss-stuffed, Apr 129 all
quiche, spinach and feta, May 224 all
salad bowl, holiday, Dec 137 all
salad, citrus spinach, Jan 83 all
salad, mixed sprouts, spinach, June 174 all
salad, spinach and bean sprout, Sept 139 all
sole Florentine, poached, Feb 116 all
soup, summer, nothing-to-it, Sept 174 all

Vegetables (contd.)

Sprouts
crêpes, curried chicken filling, June 176 all
crêpes, deviled shrimp filling, June 177 all
frittata, puffy, Aug 141 all
mixtures, sprouting at home, June 174 all
salad, mixed sprouts, spinach, June 174 all
salad, spinach and bean sprout, Sept 139 all
sprout-wiches, June 174 all

Squash
acorn halves, turkey-filled, Nov 231 all
acorn rings, meatloaf-stuffed, Nov 231 all
casserole, squash and spinach, Aug 111 all
casserole, tortilla vegetable, June 150 all
crookneck pie, Oct 167 all
moussaka, seasonal, June 158 N, S, D
omettata, Italian, Mar 200 N, S, D
pumpkin and coffee spice cookies, Oct 200 all
pumpkin bars, Oct 200 all
pumpkin custard squares, Oct 198 all
pumpkin loaves, raisin and nut, Nov 226 all
pumpkin pie squares, creamy, Nov 206 N, 207 C, S, D
salad, California, Aug 130 all
salad, out-of-hand, Aug 112 N, C
soup, summer, nothing-to-it, Sept 174 all
summer vegetabes Santa Rosa, Sept 162 all
tangy meatball-filled, Nov 228 all
zucchini and tuna, pan-stirred, for two, Sept 159 all
zucchini lasagne, July 128 all
zucchini-corn combo, Aug 118 all
zucchini-stuffed tomatoes, Sept 138 all
zucchini, Gaston's stuffed, July 142 all
zucchini, giant stuffed, cooked on covered grill, Oct 210 all
zucchini, V.P., Oct 192 all

Sweet Potatoes
pastries, Nov 202 N
ramekins, sweet potato puff, Nov 192 all
yams with orange-glazed smoked pork chops, Oct 220 all

Tomatoes
and vine leaves, baked stuffed, May 246 all
bulgur, tomato-cheese, Nov 241 all
chirmol, June 192 all
green tomato mincemeat, Oct 173 all
green tomato mincemeat pie, Oct 173 all
salad sprout and tomato, Feb 110 all
salad, roasted pepper and tomato, Sept 78 all
sauce, fresh, Yucatan-style, June 158 C
sauce, hot, Oct 98 C, S, D
soup, beef and vegetables with tomato, Mar 164 N, C; Nov 202 S, D
soup, tomato and yogurt, chilled, June 191 all
summer vegetables Santa Rosa, Sept 162 all
zucchini-stuffed, Sept 138 all

Vegetable and meat grill, Mongolian, Apr 216 C
Vegetable and meat stew, Moroccan, Oct 99 C, S, D
Vegetable and roast chicken platter, Dec 169 all
Vegetable and shrimp Nigerian, Feb 72 C; Mar 196 N, 106 S, D
Vegetable barley casserole, May 220 all
Vegetable herb pie, Apr 218 all
Vegetable lentil soup, Nov 193 all
Vegetable salad and beef sandwiches, Oct 111 all
Vegetable salad, marinated mixed, Feb 69 all
Vegetable salad, piquant, Apr 207 all
Vegetable soup with shortribs, Jan 82 all
Vegetable-basil soup, fresh, Sept 152 all
Watercress dressing, June 174 all

Young People's Cooking

Bread, chewy snack, Apr 208 all
Cookies, easy-to-shape, Oct 168 all
Cooky stamps, Nov 126 N, C
Gifts from kitchen from children, Dec 142 all
Shortbread, cooky stamp, Nov 126 N, C
Starter kits for kids, Dec 128 all

Gardening and Landscaping

(gg means the item appeared in the Garden Guide section; mgg means it appeared in a Mountain Garden Guide)

Annuals

Alyssum, sweet (*Lobularia maritima* varieties) 'Midnight', 'Wonderland', resist fading (gg), Mar 209 S
Alyssum, sweet, easy to grow from seed (gg), Mar 210 C, 209 D
Amethyst flower (*Browallia*), for shady spot (gg), June 202 C
Annuals and biennials, dependable reseeders, (mgg), Aug 161 N, 160a C, D
Annuals to plant over bulbs, Oct 259 C
Barrel of summer annuals (gg), June 201 N
Bedding plants, planting care, May 302 N, 266 C, 264 S
Bedding plants, spacing when planting (gg), Apr 269 C, 271 S
Blue and white plant combinations (gg), May 261 N
Centaurea imperialis, unusual flowers to start from seed, May 298 all
Chart estimates area one flat will cover (gg), Nov 261 C, 262 S, D
Chrysanthemums, summer, favorite cutting flower, May 132 all
Cinerarias, elegant, demanding, Aug 158 all
Containers for annuals (gg), Nov 262 D
Cool-season annuals, planting for winter, spring color, Oct 252b C, S, D
Cosmos, new, improved (gg), May 261 N
Dianthus 'Snowfire', 1978 All-America Seed Selection (gg), Mar 209 S
Emilia, unusual flowers to start from seed, May 298 all
Flower seeds that need light to sprout (gg), Mar 209 C
Gaillardias, as cutting flower, May 132 all
Grass, quaking (*Briza maxima*), non-lawn grass (gg), May 261 S
Growing from seeds or transplants (gg), Mar 211 D
Growing in patio pots in cool, mountain gardens (mgg), June 223 N, C, D
Impatiens-lobelia hangup (gg), May 261 all
Impatiens, Futura Fl hybrids, most popular (gg), Apr 270 C
Lobelia-impatiens hangup (gg), May 261 all
Monkey flower (*Mimulus tigrinus*), for shade (gg), June 202 C
Oats, animated (*Avena sterilis*), non-lawn grass (gg), May 261 S
Petunia blight, battling (gg), Jan 105 D
Petunias, planting tips to discourage soil fungus diseases (gg), Nov 262 D
Rose moss (*Portulaca*), growing in patio cracks (gg), Mar 211 D
Strawflowers, growing, drying, Mar 214 all
Sunflower, Mexican (*Tithonia*), favorite cutting flower, May 132 all
Sunflowers, as cutting flower, May 132 all
Temporary fill-in performers, chart, Oct 107 all
Tobacco, flowering (*Nicotiana*), new dwarfs (gg), Mar 210 D
Venidium, unusual flowers to start from seed, May 298 all
Wishbone flower (*Torenia*), for shade (gg), June 202 C
Zinnias 'Cherry Ruffles', 'Yellow Ruffles', 'Peter Pan Cream', 'Red Sun' (gg), Feb 143 C, 162 D; Mar 209 S
Zinnias, as cutting flower, May 132 all

Arrangements

Centerpieces, flowering cabbage or kale, Dec 184 N, 212 C
Cut flowers for fun, profit, May 132 all
Cutting flowers, seven favorites, May 132 all
Easter baskets, living, Mar 94 all
Eucalyptus branches, glycerinized, dyed, Feb 156 C, S, D
Lei-making, *wile* method, May 304 N, 302 C, S, D
Summer bouquets, adding preservative to water (gg), July 165 N, C
Vegetable bouquets, garden or market, Dec 206 C

Book Reviews

Cactus and Succulents, a *Sunset* book, Jan 113 N, C, 126 S, D
Desert Gardening: Desert Plants and Their Cultivation (gg), June 201 D
Garden Design Illustrated (gg), Oct 229 N
Garden Weeds of Southern California (gg), Mar 211 S
Grande, new plant magazine (gg), Oct 229 S
Green Thumb Directory (gg), Apr 271 S, D; June 202 N; Nov 261 C
Guide to Botanical Resources of Southern California (gg), Feb 144 S
Guide to Public Gardens (gg), Mar 210 N, 209 D
Handbood for Selecting Roses, booklet (gg), Jan 105 C
House Plant Pests, E.B. 695, bulletin (gg), June 201 N
Ideas for Landscaping & Garden Remodeling, a *Sunset* book, Jan 113 N, C, 126 S, D
Japanese Tea Garden, Golden Gate Park, The (gg), June 202 C
Japanese Maples (gg), July 165 N
Joy of Gardening, a *Sunset* special interest magazine, Mar 108 all
Mendocino Coast Gardeners' Almanac (gg), Mar 209 C
Roses Are for You, booklet (gg), Jan 105 C
Story of Pines, The Feb 148 all
The Camellia, Dec 198 all
Theophrastus Catalog of Reissued Horticultural Classics (gg), Nov 261 N
Trail of Trees, Guide to Historic Trees at Fairmont, booklet (mgg), Sept 199 C
Trees for Lafayette (gg), Apr 271 C
Tropica, color cyclopedia of exotic plants and trees, Sept 186 all
Wild Garden Catalog (gg), June 201 S
Wild Shrubs, Finding and Growing Your Own (gg), Sept 179 N
40 Ways to Save Water in Your Yard and Garden, booklet (gg), Jan 105 S

Bulbs and Bulblike Plants

Agapetes serpens, huckleberry-like weeper, July 172 C
Anemone bulbs, which end goes up when planting (gg), Oct 230 N
Basket of bulbs, growing indoors (gg), Nov 262 C
Begonia catalog, new (gg), Apr 270 S
Begonias tuberous, head start on blooms (gg), Feb 143 N
Bulbs planted at one time bloom in succession (gg), Oct 229 N
Colchicum, plant magic (gg), Aug 146 C, D
Crocus, planting, care, Oct 240 all

Bulbs and Bulblike Plants (contd.)

Cyclamen repandum, spring-blooming (gg), Apr 269 N
Daffodils, planting, care, Oct 241 all
Dahlias, dwarf, as cutting flower, May 132 a
Dahlias, multipurpose plants (gg), May 262
Daylilies, selecting, planting, Aug 150 all
Freesias, Tecolote hybrid, growing in pot (g Oct 228 all
Gladiolus, 1978 All-America selections (gg), Jan 105 C, D
Ipheion uniflora, easy-to-grow, Sept 192 N
Iris slide show rental (gg), Aug 145 N
Iris, bearded, dividing (gg), Aug 146 N, 145
Iris, walking (*Neomarica gracilis*), Oct 248 a
Lilies, Asiatic hybrid, Dec 86 all
Lilies, main hybrids, Dec 190 all
Narcissus, paper white, growing in basket fo Thanksgiving bloom, Oct 257 N, 259 S, D
Nerine, sparkly flowers, Aug 170 N, C, 171
Oxalis braziliensis, silky shamrock (gg), Sept 179 all
Planting guide for fall bulbs (gg), Oct 231 C
Potted bulbs for winter cheer (mgg), Oct 234 N, 236 C, D
Ranunculus, buying dormant tubers, sprou in sand before planting (gg), Nov 261 D
Rare, unusual bulb sale, University of Washin Arboretum, Seattle (gg), July 165 N
Spring-flowering bulbs, digging (gg), May 2
Spring-flowering bulbs, storing until plantin time (gg), Sept 179 C
Thinning for best flower production (gg), July 165 S
Tulips, multi-flowered, Oct 244 all
Tulips, planting, care, Oct 241 all
Watsonia, close relative of gladiolus (gg), Nov 261 S

Cactus

Cactus seedlings, growing on pillow (gg), June 202 D
Cactus seedlings, growing on pillow stuffing Sept 180 S
Cactus, old man (*Cephalocereus senilis*), Dec 203 all
Christmas cactus (*Schlumbergera bridgesii* year-old container plant (gg), Dec 180
Long Beach Cactus Club annual plant sa Sept 188 S, D
Rebutia, profuse bloomer (gg), June 203

Container Gardening

Agapetes serpens, huckleberry-like weepe July 172 C
Agapetes serpens, weeping, red-flowered Mar 246 S, D
Annuals, growing in patio pots in cool, mo gardens (mgg), June 223 N, C, D
Annuals, summer-blooming, barrel of (g June 201 N
Bonsai from native trees, shrubs, Mar 23
Bonsai *Mangle dulce (Maytenus phyllanthoides)*, Feb 161 D
Bonsai, fuchsia, Sept 76 all
Bonsai, instant, party, Nov 122 N, C, 264
Bunya-bunya (*Araucaria bidwillii*), indoo outdoor plant, Aug 166 S, D
Christmas cactus (*Schlumbergera bridges* year-old container plant (gg), Dec 180

ntainer Gardening (contd.)
istmas tree, living, transplanted into pot hen not in house (gg), Nov 262 N
istmas trees, living, care (gg), Mar 210 S
us, dwarf, good indoor-outdoor plants, lay 292 all
or, winter and spring, planting cool-season nnuals, perennials, Oct 252b C, S, D
tainers for annuals, vegetables (gg), ov 262 D
tainers, metal, recycled into unusual pots g), June 202 N
key tail (*Sedum*), four varieties (gg), pr 270 S; June 202 C
er baskets, living, Mar 94 all
s herbes, growing your own, July 174 all
sias, Tecolote hybrid, colorful versions (gg), ct 228 all
it trees, dwarf, Feb 173 C
aniums, trailing pansy (*Pelargonium icolor, P. violarium*), July 176 all
ging baskets, watering (gg), July 165 N, C
ging patio plants suspended from movable lock (gg), June 202 D
ging planter-basket, wire, Oct 236 N, S, 54 D
and chickens (*Sempervivum tectorum*), sy to grow (gg), May 262 N
atiens-lobelia hangup (gg), May 261 all
iperus procumbens 'Nana', cascading juniper g), Sept 181 N
s, Asiatic hybrids, Dec 86 all
key puzzle tree (*Araucaria araucana*), door-outdoor plant, Aug 166 S, D
apple grown in So. Calif. garden (gg), eb 143 S
t pedestal for spider plant, June 135 all
ter boxes camouflage stucco wall, ay 308 C
ter, upside-down wine jug, Jan 120 N
ter, lightweight volcanic rock, Mar 246 C
ters from tile, sewer pipe, Jan 50 all
ters rock, wearing goggles when making g), June 203 N, S, 202 C, 201 D
nerias, growing in So. Calif. (gg), June 202 S
ulacaria afra, trailing, Mar 250 S, D
, clay, hard-to-beat containers, pt 182 S, D; Nov 270 N
ed plant is drip catcher (gg), May 262 N
tia, profusely blooming cactus (gg), ne 203 N
s, miniature, varieties for containers, ly 180 all
lings, volunteer, transforming into garden asures, Oct 246 all
ulent-cactus mini-garden (gg), May 262 S
ulents in shallow pots make instant bonsai, ne 210 all
ice in bloom with mixed potted bouquets), Aug 145 N
ato 'Presto' (gg), May 261 N
atoes in pots grown from seed, b 72 S, D; Mar 100 N, C
atoes, drip irrigation (gg), Apr 269 S
t under potted plants eliminates stains on tio, deck (gg), Nov 263 C

n
enium bulbosum, rooting fernlets, ay 274 all
ing from spores, Nov 285 N, D
fern (*Athyrium filix-foemina*) (gg), r 270 N
rel's foot (*Davallia trichomanoides*), c 203 all

ts and Nuts
nd 'Hall', self-fertile tree, Jan 110 C, S, D
worm precautions (gg), Apr 269 S
s
i-orchard, 140 grafted trees produce 300 ifferent apples, Jan 114 all
v varieties, Jan 108 C, S, D
s, August ripening varieties (gg), g 145 N

Fruits and Nuts (contd.)
Apples, watching for problems, characteristic markings, July 195 C
Apricots, new varieties, Jan 108 C, S, D
Autumn fruit for low-elevation Calif. gardens (gg), Nov 261 C, S, D
Berries, wild, picking in August (gg), Aug 145 N
Brown rot, reducing next seasons attack (gg), Aug 145 C
Cherries, new varieties, Jan 108 C, S, D
Cherry, Barbados (*Malpighia glabra*), tropical fruit new to Calif., July 168 S, D
Cherry, Surinam (*Eugenia uniflora*), for mild climates, July 168 S, D
Cherry, sweet, 'Stella', self-fertile tree, Jan 110 C, S, D
Cherry, tropical (*Prunus salicifolia*), fruit for mild coastal climates, July 168 S, D
Citrus for middesert climates (gg), Mar 209 D
Citrus thrips (gg), May 261 D
Citrus, dwarf, good indoor-outdoor container plants, May 292 all
Citrus, planting, May 292 all
Citrus, prune-grooming, May 296 C, S, D
Crabapple 'Colgo', growing for flowers, fruit, Feb 170 N
Dwarf fruit treeds, growing in ground or container, Feb 173 C
Figs 'Italian Everbearing', new variety, Jan 108 C, S, D
Food preservation hotline, King County, Wash. (gg), Sept 179 N
Fruit-picking device (gg), Feb 144 S
Gooseberries varieties, harvesting, pruning, propagating, Feb 146 C
Grafting, whip, Jan 115 all
Grape arbor-gazebo-sandbox (gg), Feb 144 D
Grape stockings deter birds (gg), June 203 D
Grape-leaf skeletonizers (gg), May 263 D
Grapes, So. Calif. garden grows grapes for homemade wine, Jan 122 all
Home Orchard Society (gg), Sept 180 N
Hydro-grafting when other ways fail, Mar 238 C
Lemon trees, lemon-scented leaves, June 204 all
Nectarines, new varieties, Jan 108 C, S, D
Orange, sour (*Citrus aurantium*), for low desert areas (gg), Aug 146 D
Oranges, blood, new varieties, May 290 all
Oranges, mandarin, new varieties, May 290 all
Oranges, new navel varieties, May 290 all
Peaches
  'Red Baron', showy flowers, good fruit (gg), Jan 106 S
  new varieties, Jan 108 C, S, D
  peach leaf curl (gg), Jan 105 N
  peach leaf curl prevention (gg), Nov 261 C; Dec 182 C
Pears 'Surecrop', new variety, Jan 108 C, S, D
Pineapple, container-grown, in So. Calif. (gg), Feb 143 S
Pummelo 'Chandler', giant citrus (gg), May 262 D
Quince 'Cooke's Jumbo', new variety, Jan 108 C, S
Walnut husk fly (gg), July 154 S

Garden Structures, Greenhouses, Plant Shelters
Compost bin keeps mixture hot, active through winter, July 197 S, D
Composter, brick, for Northwest (gg), Nov 262 N
Composting machine, let-it-sit (gg), May 262 S
Entry turned into greenhouse with old house windows, Mar 240 S, D
Garden tool storage cabinet, Feb 155 all
Grape arbor-gazebo-sandbox (gg), Feb 144 D
Greenhouse heat, conserving (mgg), Oct 234 N, 236 C, D
Greenhouse roof, portable, for raised vegetable beds (gg), Apr 268 all
Greenhouse, high-mountain solar, Apr 310 N, 300 S, D; May 270 C
Lathhouse, complex, uses four lumber sizes, June 220a C, S, D
Plant platform is lidded sandbox, Mar 140 all

Garden Structures (contd.)
Planter box screens side yard, Mar 152 all
Platform bench around walnut tree, Oct 126 all
Shades, burlap, for greenhouse sun control, Mar 120 all
Solar fruit, vegetable dryer, July 94 all
Trellis, super-size, shelters outdoor living area, plants, Dec 188 all
Vegetable-cleaning area, water-saving (gg), July 166 D

Garden Techniques and Maintenance
Anemone bulbs, which end goes up when planting (gg), Oct 230 N
Asparagus bed, planting, care, Feb 162 N
Bamboo, giant timber (*Phyllostachys bambusoides*), reestablishing, May 294 all
Basins, raised, around newly planted trees, shrubs (gg), Sept 179 S, D
Beans, green, drying, Sept 190 N, S, D
Bedding plants, estimating number needed (gg), Sept 179 S, D
Bedding plants, ground covers, chart estimates area one flat will cover (gg), Nov 261 C, 262 S, D
Bedding plants, planting care, May 302 N, 266 C, 264 S
Bedding plants, spacing when planting (gg), Apr 269 C, 271 S
Begonias tuberous, head start (gg), Feb 143 N
Bird-proofing seedlings with screen cone (mgg), May 265 N, C, D
Bulbs, spring-flowering, digging (gg), May 261 S
Bulbs, spring-flowering, planting, care, Oct 240 all
Bulbs, spring-flowering, storing until planting time (gg), Sept 179 C
Bulbs, thinning for best flower production (gg), July 165 S
Carrots, less frequent watering after sprouting (gg), Apr 269 S
Century plant (*Agave americana*), cutting leaves with care to prevent skin contact with sap (gg), Nov 261 S, 263 D
Christmas greens, protecting against pitch when cutting (gg), Dec 181 N
Christmas trees, live, digging, ball-and-burlap method (gg), Dec 181 N
Christmas trees, living, care (gg), Mar 210 S
Chrysanthemums, extending blooming period (gg), Nov 263 D
Chrysanthemums, last-minute measures for best show (gg), Sept 180 D
Chrysanthemums, pinching tips for best fall bloom (gg), July 165 D
Citrus, planting, May 292 all
Compost in winter (gg), Nov 262 N
Compost recipe, water'saving, Mar 248 S, D
Compost, homemade, three ways to improve soil, Aug 148 D
Compost, insect-free (gg), Dec 181 S
Compost, quick liquid (gg), May 261 C
Composting machine, let-it-sit (gg), May 262 S
Curb edging, concrete, to contain invasive grasses, Mar 244 C, S, D
Dahlias, planting tubers (gg), May 262 S
Devil's club (*Oplopanax horridum*), transplanting to your garden, Mar 251 N
Disposal container, giant, renting (gg), Sept 181 N
Dogwood, small, transplanting (gg), Apr 269 N
Fertilizing mountain country soils (mgg), May 264 N, C, D
Flower heads, dead, removing to keep blooming (gg), Aug 145 N
Food preservation hotline, King County, Wash. (gg), Sept 179 N
Frost, early, dangers (mgg), Sept 199 N, C, D
Gobo, sowing seed, harvesting, May 286 N
Gooseberries harvesting, Feb 146 C
Grafting, whip, Jan 115 all
Greenhouse heat, conserving (mgg), Oct 234 N, 236 C, D
Ground covers, rearranging growth to fill in spaces (gg), Oct 231 S, 229 D

Garden Techniques (contd.)
Hailstorm destruction, cleanup (mgg), July 188 N, C, D
Heat-related gardening problems (gg), June 203 D
House plant overhaul (gg), Oct 230 C
House plants, bathing, Dec 201 N, C, 206 S, D
House plants, minimizing shock of move from greenhouse (gg), Nov 261 N
House plants, winter care (gg), Nov 261 N
Hydro-grafting as last resort, Mar 238 C
Hydroponic gardening unit you build, Feb 158 all
Iris, bearded, dividing (gg), Aug 146 N, 145 C
Iron products stain paving (gg), Aug 145 D
Lawn, fall planting west of cascades (gg), Sept 180 N
Lettuce, preventing bolting (gg), May 262 N
Lilies, planting, Dec 192 all
Mulch, lawn clippings (gg), May 263 N
Mulch, spray-on (gg), Oct 231 N
Mulching (gg), June 201 S
Mulching mountain-climate gardens (mgg), June 222 N, C, D
Netting to keep birds, deer away from plants, Mar 218 all
Nursery plants, suggestions for safe trips home (gg), Oct 229 D
Onion family, air-drying (gg), Sept 179 N
Orchids, growing on slabs, Sept 200 all
Petunias, planting tips to discourage soil fungus diseases (gg), Nov 262 D
Plant support ideas for vegetables, ornamental vines, Apr 122 all
Planting guide, fall bulbs (gg), Oct 231 C
Poinsettia care for Christmas bloom (gg), Oct 229 S, D
Potted plant is drip catcher (gg), May 262 N
Preparing garden for your absence (gg), June 201 D
Ranunculus, buying dormant tubers, sprouting in sand before planting (gg), Nov 261 D
Rhododendrons, growing needs, Apr 314 N, C
Root-feeding trees, shrubs (mgg), May 265 N, C, D
Seed flat is recycled styrene-foam packing material (gg), Mar 209 C
Seedlings, speeding up, with right soil mix, Mar 242 all
Seedlings, volunteer, transforming into garden treasures, Oct 246 all
Shrubs, root pruning (gg), Feb 144 N
Snow protection for plants (gg), Nov 262 N
Soil, hard, making soft (gg), Apr 271 S
Soil, preparing for planting, May 270 N
Staked-tree dangers (gg), Mar 210 D
Sterile ground, testing for (gg), June 201 D
Tomato seedlings, frost pretection (gg), Apr 270 N
Tomatoes, growing secrets for best possible crop, July 186 all
Tomatoes, late, when to pick (gg), Sept 179 N
Transporting plants between nursery and home (gg), Nov 263 C
Transporting plants, tips for (gg), May 261 D
Trees, shrubs, deep-soaking (gg), Feb 144 C
Vacations, preparing garden for (gg), Aug 145 N
Vegetable crops, preventing fruit decay on vine (gg), Apr 269 D
Vegetable gardening courses, Berkeley (gg), May 262 C
Vegetable gardening, year-around, Jan 116 C, S, D
Vegetable planting, harvesting tips to help increase yield, Mar 240 N
Vegetable-cleaning area, water-saving (gg), July 166 D
Vegetables, collecting seed, Aug 156 all
Vegetables, mulching and trickle irrigation in hot So. Calif. valleys, June 222 S
Vegetables, pollinating by hand (gg), May 262 D
Water-wise gardening tips (gg), Apr 269 C
Winter sun scald on young trees (gg), Jan 105 N

Ground Covers
(See Lawns, Ground Covers)

Herbs
Basil, fresh, for good cooks, Apr 286 all
Fines herbes, growing your own, July 174 all
Herb garden, Huntington Library and Botanical Gardens, San Marino, Calif., Feb 62 C, S, D
Lemon balm (*Melissa officinalis*), June 204 all
Lemongrass (*Cymbopogon citratus*), June 204 all
Thyme, cooking herb, hardy ground cover, June 206 all
Thyme, golden lemon (*Thymus citriodorus* 'Aureus'), June 204 all

House Plants
Asparagus, ornamental (gg), Jan 105 C
Asplenium bulbosum, rooting fernlets, May 274 all
Basket of bulbs (gg), Nov 262 C
Bathing house plants, Dec 201 N, C, 206 S, D
Bulbs for winter cheer (mgg), Oct 234 N, 236 C, D
Bunya-bunya (*Araucaria bidwillii*), indoor-outdoor plant, Aug 166 S, D
Burro tail (*Sedum morganianum*) (gg), Jan 106 N
Cactus, old man (*Cephalocereus senilis*), Dec 203 all
Chandelier plant (*Kalanchoe tubiflora*), Dec 204 all
Color, Christmas, shopping for (gg), Dec 181 N, D
Dracaenas, shopper's guide, care, Feb 78 all
Euonymus fortunei, (gg), Mar 209 N
Fern, squirrel's foot (*Davallia trichomanoides*), Dec 203 all
Fluorescent-light garden (mgg), Oct 234 N, 236 C, D
Garden corner has exposed aggregate floor (gg), Feb 144 N
Garden room takes gray out of Northwest winter (gg), Nov 261 N
Gift pots can cause problems (gg), Dec 182 D
Hose-watering indoor plants (gg), Oct 229 N
House plant lecture, Seattle (gg), Feb 144 N
House plant overhaul (gg), Oct 230 C
House Plant Pests, bulletin review (gg), June 201 N
Indoor gardens, ideas from Rocky Mountain states, Jan 42 all
Iris, walking (*Neomarica gracilis*), Oct 248 all
Leea (*L. coccinea*). ficus rival (gg), May 262 S; Dec 182 C
Linden, African (*Sparmannia africana*), Mar 233 all
Lipstick plant (*Aeschynanthus*), why plants fail to flower (gg), Nov 261 N
Maranta family plants, markings, Nov 280 all
Milk tree, African (*Euphorbia trigona*), prickly sculpture, Aug 165 N, 164 C, S, D
Minimizing shock of moving greenhouse-grown plants to house (gg), Nov 261 N
Monkey puzzle tree (*Araucaria araucana*), indoor-outdoor plant, Aug 166 S, D
Narcissus, paper white, growing in basket for Thanksgiving bloom, Oct 257 N, 259 S, D
Orchid, jewel (*Haemaria discolor dawsoniana*), eye catching foliage (gg), Nov 263 N
Palm, bamboo (*Chamaedorea erumpens*), graceful palm, Nov 297 N
Palm, Costa Rican bamboo, (*Chamaedorea costaricana*), Nov 297 N
Palm, madagascar (*Pachypodium lameri*) (gg), Jan 105 S
Palm, reed (*Chamaedorea seifrizii*), like graceful bamboo, Nov 297 N
Planter, upside-down wine jug, Jan 120 N
Ponytail plant (*Beaucarnea recurvata*), Dec 203 all
Pothos, golden (*Rhaphidophora aurea*), large and small leaves, Feb 150 all
Pothos, satin (*Scindapsus pictus* 'Argyraeus' (gg), July 165 D; Sept 181 S
Pseudopanax lessonii, schefflera look-alike (gg), May 261 D; Dec 181 S
Queen's tears (*Billbergia nutans*), easy to grow, July 185 N, C; Aug 160d D; Nov 292 S

House Plants (contd.)
Rebutia, profusely-blooming cactus (gg), June 203 N
Sansevieria, low-maintenance, Jan 125 N
Schefflera (*Brassaia actinophylla*), three lo alike plants (gg), May 261 D; Dec 182 S
Schefflera, dwarf (*Schefflera arboricola*) (g May 261 D; Dec 181 S
Silver squill (*Ledebouria socialis*), unfussy plant, Dec 186 all
Solarium off dining room (gg), Feb 142 N
Spider plant (*Chlorophytum*), flower spike plantlets (gg), Sept 179 S, 180 D
Spider plant, plant pedestal for, June 135
Streptocarpus, Apr 323 N, 318 C, 325 S, D
String of beads (*Senecio rowleyanus*), Dec 203 all
String of hearts (*Ceropegia woodii*), vines m curtain, June 218 all
Succulents in shallow pots make instant bor June 210 all
Tough house plants (gg), Dec 181 N, D
Tupidanthus (*T. calyptratus*), schefflera lo alike (gg), May 261 D, Dec 181 S
Turtleback (*Dioscorea macrostachya*), Dec 203 all
Watering aids for large groups of plants, Nov 268 all
"Wick" watering method for vacation time Aug 145 D
Winter care (gg), Nov 261 N
Yuccas, growing indoors (gg), Nov 261 S, 2

Landscaping
Annuals to plant over bulbs, Oct 259 C
Atrium garden in center of multiroom addi Sept 199 S
Bedding plants, estimating how many are needed (gg), Sept 179 S, D
Bedding plants, ground covers, chart estim area one flat will cover (gg), Nov 261 C 262 S, D
Big planter boxes serve as screen, June 214 all
Birches, white (*Betula verrucosa*), landsca ideas from Finland, Nov 274 all
Blue and white annual plant combinations May 261 N
Blue flowers for high-country gardens (mg June 223 N, C, D
Bulbs planted at one time bloom in succes (gg), Oct 229 N
City garden gains privacy with series of "Ro design, May 273 all
City garden was concrete drive, July 194
Color-hunting nursery trip for tired fall gar (gg), Oct 230 N
Color, Christmas, shopping for (gg), Dec 181 N, D
Color, instant, purchasing blooming shrub trees (mgg), May 265 N, C, D
Color, winter and spring, planting cool-se annuals, perennials, Oct 252b C, S, D
Deck-garden for old Denver house, Aug 162 N, C
Deck, patio, trellis, fencing, gates, built b owner in three years, July 124 S, D
Drip-irrigated garden saves water, gets lot foliage, flowers, May 270 S, D
Entry remodel, bold, colorful, Feb 186 all
Entry terrace for Spanish house, Aug 152 all
Epiphyte specimens supported by palo ve tree create tropical setting (gg), Oct 230
Floral display, three trees for, Jan 126 C
Flower charts for all-year flower gardens, Oct 102 all
Flowers for shade (gg), June 201 C
Forest screens house from street in two y (gg), July 165 C, S, D
Garden accommodates large get-togethers June 104 all
Garden Design Illustrated, book review Oct 229 N
Garden is picker's paradise (gg), June 201
Garden of many parts, Apr 312 all

dscaping (contd.)
n paths of stone, Aug 160b, C, S, D
n remodel for $613, Feb 146 S, D
n steps, ideas from Colorado, Utah, 272 all
s grown for homemade wine in So. Calif. den, Jan 122 all
nd covers for slopes threatened by slides, 122 S, D
nd covers, carpeting, Apr 294 all
or screen, Arizona cypress, Nov 270 C
ouse looks more comfortable, May 289 N
for Landscaping & Garden Remodeling, a *set* book, Jan 113 N, C, 126 S, D
from garden entered in *Sunset's* 1977 den contest, June 228 N
ese water basin for bonsai garden (gg), 166 S
caping design by Thomas Church, Santa Cruz campus, Nov 312 all
caping revolution engineered by Thomas rch, Nov 312 all
n-scented plants, June 204 all
companion plants for, Dec 192 all
erranean-look garden, Washington, 110 N
d edits suburban view, Aug 160d, C, S
tain gardens that look like the mountains g), Mar 231 N, C, D
level lakeside garden, Feb 156 N
or living space, streetside, created with e enclosure, Apr 292 all
or living spaces correspond to every room emodeled house, Feb 166 all
lover's garden, San Diego, Apr 310 D; 188 S
ons in Hawaiian garden make shade, serve view, Mar 238 N, S, D
e mosaic panels face raised bed of tables, July 192 S
idea collecting, *Sunset's* garden, Menlo k, May 300 all
r box screens side yard, Mar 152 all
urri of plants makes lush entry garden , July 166 N
e outdoor garden from little-used rooms, Jan 124 S, D
deled back lot for entertaining done on get, July 172 S, D
deled Denver garden has less lawn, new ting, Nov 286 N
deled garden with new patio, new entry den, Aug 68 all
deled private garden in city, Mar 110 all
plant wall, concrete blocks, Sept 190 C
, native, ideas for using in landscaping g), Mar 230 N, C, D
-making trees, vines keep Tucson house, den cool, May 266 N, S, D
woodland garden created by improving , Mar 230 S
-space gardens, a *Sunset* book, Feb 166 all
level garden is deceptively uncongested, y 296 N
side gardens are old-fashioned patchwork plants, Oct 102 all
ner garden is charmer (gg), Mar 209 C, S, D
t's garden, Menlo Park, Calif., invitation visit, May 126 all
e in bloom with mixed potted bouquets , Aug 145 N
roots covered with deck, Jan 128 S, D
with branches nearly parallel to main k, Dec 196 all
able garden in small back yard, Mar 246 N
ble, flower planting combinations (gg), 165 C
about garden has steppingstones, path- s, stony creek bed, Nov 266 all
enclose garden for four separate outdoor g areas, Oct 162 C, S, D
runoff, three drainage systems, 146 N; Apr 321 C, 316 S
-saving garden, Los Angeles (gg), 210 S
y but structured garden from native st, Oct 252d C

Lawns, Ground Covers

Ground covers, rearranging growth to fill in spaces (gg), Sept 180 C
Arctostaphylos edmundsii 'Carmel Sur', New Manzanita ground cover, Aug 160a S
Arctotheca calendula, cover for gentle-moderate slopes, Nov 124 S, D
Asparagus, ornamental (gg), Jan 105 C
Baby's tears (*Soleirolia soleirolii*), carpeting favorite, Apr 296 all
Baby's tears growing between concrete pads (gg), Aug 145 C, S, D
Baccharis pilularis 'Pigeon Point', new dwarf coyote bush variety, Aug 160a S
Blue star creeper (*Isotoma fluviatilis*), new carpeting cover, Apr 297 all
Buttercup, creeping (*Ranunculus repens* 'Pleniflorus'), Mar 231 S
Catmint (*Nepeta mussinii*), easy to grow ground cover, Mar 255 N, 229 C, S, D
Cinquefoil, spring (*Potentilla verna*), for sun, shade, Sept 205 N, 204 C; Nov 297 S, D
Coprosma kirkii, carpeting favorite, Apr 295 all
Corto Australian saltbush (*Atriplex semibaccata* 'Corto'), weed ground cover for desert gardens (gg), Oct 230 D
Coyote brush, dwarf (*Baccharis pilularis*), cover, for steep places, Nov 126 S, D
Coyote brush, dwarf, trustworthy under worst conditions, Sept 182 N, C, 202 S, D
Cymbalaria aequitriloba, new carpeting cover, Apr 297 all
Daisy, trailing African (*Osteospermum fruticosum*), moderate to steep slopes, Nov 126 S, D
Euonymus fortunei, easy to grow plant (gg), Mar 209 N
Fern, asparagus (*Asparagus sprengeri*), for moderate to steep slopes, Nov 125 S, D
Gazania, trailing (*G. uniflora or G. leucolaena*) for gentle-moderate slopes, Nov 124 S, D
Geranium, ivy (*Pelargonium peltatum*), cover for gentle-moderate slopes, Nov 124 S, D
Grevillea tridentifera, low-growing cover (gg), June 202 C
Grevillea tridentifera, new ground-hugging grevillea, Aug 160a S
Ground covers for slopes, Nov 122 S, D
Ground covers that do not harbor roof rats, Sept 218 N, C
Ground covers, carpeting, Apr 294 all
Ground covers, chart estimates area one flat will cover (gg), Nov 261 C, 262 S, D
Ground covers, rearranging growth to fill in spaces (gg), Oct 231 S, 229 D
Honeysuckle, Hall's (*Lonicera japonica* 'Halliana'), moderate to steep slopes, Nov 126 S, D
Ivy ground (*Nepeta hederacea*), offbeat ground cover, Mar 231 S
Ivy, Algerian (*Hedera canariensis*), moderate to steep hill-climber, Nov 125 S, D
Ivy, Boston (*Parthenocissus tricuspidata*), Virginia creeper relative, July 190 all
Ivy, English (*Hedera helix*), moderate to steep hill-climber, Nov 125 S, D
Ivy, Kenilworth (*Cymbalaria muralis*), new carpeting cover, Apr 297 all
Korean grass (*Zoysia tenuifolia*), carpeting favorite, Apr 296 all
Lantana, trailing (*Lantana montevidensis*), cover for moderate to steep slope, Nov 126 S, D
Lawns
  curb edging, concrete, to contain invasive grasses, Mar 244 C, S, D
  hydro-seeding (gg), Mar 210 N
  planting, fall, west of Cascades (gg), Sept 180 N
  subtropical grasses, invasive, drought-tolerant, Mar 244 C, S, D
Mondo grass (*Ophiopogon japonicus*), gracious space filler (gg), Nov 262 C
Moss, Irish, carpeting favorite, Apr 296 all
Periwinkle (*Vinca major*), cover for moderate to steep slopes, Nov 126 S, D
Pittosporum tobira 'Wheeler's Dwarf', low, wide-growing plant (gg), Sept 179 C
Potentilla fruticosa 'Goldfinger', new variety (gg), June 201 N

Lawns, Ground Covers (contd.)

Potentilla verna, carpeting favorite, Apr 296 all
Pratia angulata, new carpeting cover, Apr 297 all
Rose moss (*Portulaca*), growing in patio cracks (gg), Mar 211 D
Rosemary, dwarf (*Rosmarinus officinalis* 'Prostratus'), cover for steep places, Nov 126 S, D
Sedum kamtschaticum, Mar 231 S
Sedums, carpeting favorites, Apr 296 all
Silvervein creeper (*Parthenocissus henryana*), for mild climates, July 190 all
St. Augustine grass enemy, chinch bug (gg), May 263 S
Thyme, herb, ground cover, June 206 all
Thyme, woolly (*Thymus lanuginosus*), carpeting favorite, Apr 296 all
Thympe, creeping (*Thymus drucei or T. serpyllum*), new carpeting cover, Apr 297 all
Verbena Peruviana, spring-to-fall color (gg), May 262 C
Violet, Australian (*Viola hederacea*), new carpeting cover, Apr 297 all
Violet, sweet (*Viola odorata*), offbeat ground cover, Mar 231 S
Virginia creeper (*Parthenocissus quinquefolia*), hardy, fast-growing, July 190 all
Virginia creeper, Rocky Mountain (*Parthenocissus inserta*), July 190 all
Wire vine, creeping (*Muehlenbeckia axillaris*), June 238 N

Miscellaneous

Catalogs, fall, ordering (gg), July 165 S
Food dryers built by gardener-cooks, July 168 N, C
Green Thumb Directory, book review (gg), June 202 N
Guide to Public Gardens, book review (gg), Mar 210 N, 209 D
Hillier Gardens and Arboretum, near Romsey, England, May 319 S, D
Lei-making, *wili* method, May 304 N, 302 C, S, D
Pacific Horticulture subscription, gift idea (gg), Dec 181 all
Plant pressing, art of, Nov 264 N, 278 C, S, D
Plant sale shoppers, tips for (gg), Oct 229 C
Potpourri, floral-spice, July 192 D
Schoolchildren's garden, Prescott, Ariz., May 306 all
Seed stores, old-fashioned, Mar 234 all
Sierra park for blind, Edmonds, Wash., Mar 60 N
Starter kits for kids, Dec 128 all
Sunset's 1978 garden contest, how to enter, April 296 all; May 286 C, 308 S, D
Sunset's 1978 garden contest, how to enter (gg), June 228 N, 202 C, 201 S, D
Sunset's 80th birthday, May 120 all
Wild Garden catalog, June 201 S

Natives

Artemisia, gray foliage (mgg), July 188 N, C, D
Baby blue eyes (*Nemophila menziesi*), sowing seed beneath spring bulbs, Nov 276 all
Bonsai from Northwest native trees, shrubs, Mar 236 N
Columbine (*Aquilegia chrysantha*) growing from seed (gg), Feb 143 D
Cottonwoods, poplars for big shade trees east of the Cascades, Mar 248 N
Coyote brush, dwarf (*Baccharis pilularis*), hardy ground cover, Sept 182 N, C, 202 S, D
Coyote brush, dwarf (*Baccharis pilularis* prostrata), for steep places, Nov 126 S, D
Coyote bush, dwarf (*Baccharis pilularis*), summer watering (gg), May 261 D
Cypress, Arizona (*Cupressus glabra*), viewing in the wild, Aug 148 S
Desert Gardening: Desert Plants and Their Cultivation, book review (gg), June 201 D
Devil's club (*Oplopanax horridum*), transplanting to your garden, Mar 251 N
Fairy lanterns (*Calochortus albus*), elegant, tough, Oct 238 all

Natives (contd.)
Feather bush (*Lysiloma thornberi*), tougher than it looks (gg), Aug 145 D
Juniper, Rocky Mountain (*Juniperus scopulorum*), range of size, shape, color, May 276 all
Lady fern (*Athyrium filix-foemina*), more than pest (gg), Apr 270 N
Manzanitas, large varieties, growing from cuttings, seed, Nov 264 C, 286 S, D
New Mexico Native Plant Societies, booklets, sales, Apr 309 D
New Mexico natives, specialty nurseries (gg), May 262 D
Poppy, Matilija (*Romneya coulteri*), king-sized perennial (gg), Oct 230 C
Potentilla fruticosa, easy to find, grow, propagate (mgg), Aug 161 N, 160a C, D
Rabbitbrush (*Chrysothamnus nauseosus*), gray foliage (mgg), July 188 N, C, D
Redbud, Western (*Cercis occidentalis*), spring color show, Jan 126 C; Feb 170 S
Redwood coast (*Sequoia sempervirens*) grown as hedge (gg), Mar 210 C
Story of Pines, book review, Feb 148 all
Tidytips (*Layia platyglossa*), sowing seed for colorful spring flowers, Nov 276 all
Trillium, transplanting at home (gg), Apr 269 N
Virginia creeper, Rocky Mountain (*Parthenocissus inserta*), wall or ground cover, July 190 all
Wild Shrubs, Finding and Growing Your Own, book review (gg), Sept 179 N
Wildflowers, So. Calif., Apr 110 all
Wildflowers, spring-blooming, planting seeds in fall (gg), Nov 261 D
Yuccas, indoors (gg), Nov 261 S, 262 D

Paving
Garden paths of stone, Aug 160b, C, S, D
Garden walk is wood blocks, Sept 132 S, D
Rocks, native, ideas for using in landscaping (mgg), Mar 230 N, C, D
Water runoff, three systems, Feb 146 N; Apr 321 C, 316 S

Perennials
Acanthus mollis, growing tips, June 228 C, S, D; Sept 202 N
Aconites or monkshoods (*Aconitum*), spires of blue flowers, growing from seed, Nov 292 N, 285 C
Asparagus, ornamental (gg), Jan 105 C
Asters, as cutting flower, May 132 all
Bellflower (*Campanula glomerata*), shade plant (mgg), May 264 N, C, D
Big, showy perennials, only in season, chart, Oct 106 all
Blue flowers for high-country gardens (mgg), June 223 N, C, D
Chrysanthemums, extending bloom (gg), Nov 263 D
Chrysanthemums, last minute measures for best show (gg), Sept 180 D
Chrysanthemums, pinching tips for best fall bloom (gg), July 165 D
Coleus, rich color, from seed, Mar 222 all
Cool-season perennials, planting for winter, spring color, Oct 252b C, S, D
Coreopsis, planting seed for 1979 bloom, Sept 185 all
Daisies, Glorisosa Rudbeckia, planting seed for 1979 bloom, Sept 185 all
Daisy, Gloriosa (*Rudbeckia*), big, colorful flowers (gg), July 166 C
Delphiniums, planting seed for 1979 bloom, Sept 185 all
Dianthus 'Snowfire', 1978 All-America Seed selection (gg), Feb 143 C, 162 D
Flower seeds that need light to sprout (gg), Mar 209 C
Fountain grass (*Pennisetum setaceum*) (gg), May 261 S
Gaillardias, as cutting flower, May 132 all

Perennials (contd.)
Gazanias, new semitrailing varieties (gg), Oct 230 C, 229 D
Geranium budworm, Aug 148 C
Geraniums, lemon-scented, June 204 all
Geraniums, trailing pansy (*Pelargonium tricolor, P. violarium*), July 176 all
Golden feather (*Chrysanthemum parthenium* 'Aureum') grown for foliage (gg), Oct 231 S, D
Impatiens-lobelia hangup (gg), May 261 all
Job's tears (*Coix lacryma-jobi*), non-lawn grass (gg), May 261 S
Leopard plant (*Farfugium japonicum* 'Aureomaculatum'), Oct 250 all
Lobelia-impatiens hangup (gg), May 261 all
Maiden's wreath (*Francoa ramosa*), spires of airy blossoms, Sept 207 N, 206 C, 208 S, D
Penstemon, planting seed for 1979 bloom, Sept 185 all
Pinks, laced, from seed, July 178 C, S, D
Starting plants from cuttings (gg), May 261 S
Starting seeds indoors for bloom first year (gg), Jan 105 N
Streptocarpus, Apr 323 N, 318 C, 325 S, D
Tobacco, flowering dwarf (*Nicotiana*) (gg), May 261 C
Verbena peruviana, fast-growing, colorful ground cover (gg), May 262 C
Year-around perennials for all-year flower garden, chart, Oct 105 all

Pests, Diseases, Beneficial Insects
Anthracnose, affecting Chinese elms (gg), Aug 145 C
Ants, Argentine, Sept 192 C, S, D
Apple worm precautions (gg), Apr 269 S
Apples, watching for problems, characteristic markings, July 195 C
Bark beetles, pine tree pest, Mar 244 N, 236 C, S, D
Bean plant damagers, common, July 170 N, C
Brown rot, reducing next season's attack (gg), Aug 145 C
Cabbage worms, controlling with BT (mgg), June 223 N, C, D
Chinch bug, St. Augustine grass enemy (gg), May 263 S
Chlorosis, summer, iron treatment (gg), May 262 D
Citrus thrips (gg), May 261 D
Compost, insect-free (gg), Dec 181 S
Corn earworm, Aug 148 C
Corn earworm, July 172 N
Cypress canker, controlling, June 217 all
Downy leather-winged beetle, Apr 326 N, 324 C, 327 S, D
Elm leaf beetle, Aug 154 all
Fireblight, Apr 290 all
Geranium budworm, July 172 N; Aug 148 C
Gophers, control methods, Apr 302 all
Grape-leaf skeletonizers (gg), May 263 D
House Plant Pests, bulletin (gg), June 201 N
Insect infestations, giving predators a chance (gg), Apr 269 D
Japanese beetles, May 268 all
Palo verde tree borers, adult beetles (gg), July 166 D
Peach leaf curl prevention (gg), Dec 182 C
Peach leaf curl prevention (gg), Nov 261 C
Peach leaf curl, controlling (gg), Jan 10k N
Petunia blight, battling (gg), Jan 105 D
Pine, Aleppo, blight (gg), Apr 269 D
Pitch moth, Monterey pine pest (gg), June 201 C
Powdery mildew retardant for roses (gg), May 262 N
Roof rats in suburbia, Sept 218 N, C; Oct 254 S
Slugs simple trap for, Feb 160 N
Snail control (gg), Nov 262 S
Sooty canker, avoiding mulberry tree disease (gg), Jan 106 D
Squash bugs (gg), Aug 145 S
Walnut husk fly (gg), July 165 S
Winter sun scald on young trees (gg), Jan 105 N
Woolly whitefly killers (gg), Apr 269 S
Yellowing foliage, identifying condition (gg), July 165 D

Propagation
Aconites or monkshoods (*Aconitum*), grow from seed, Nov 292 N, 285 C
Alyssum, sweet, easy to grow from seed (g Mar 210 C, 209 D
Annuals, biennials, dependable reseeders (m Aug 161 N, 160a, C, D
Asplenium bulbosum, rooting fernlets, May 274 all
Baby blue eyes (*Nemophila menziesi*), seed mail, Nov 276 all
Bunya-bunya tree (*Araucaria bidwillii*), star from seed (gg), Sept 179 S, D
Cactus seedlings, growing on pillow stuffin (gg), June 202 D; Sept 180
Carrots mini-types, growing in steel drums Feb 168 all
Carrots, radishes, mixing seed to break so crust (gg), Mar 209 C
Celery root, growing from seed, Feb 176 C
Chard, rhubarb, planting seed (gg), Mar 209 N
Coleus, growing from seed, Mar 222 all
Columbine (*Aquilegia chrysantha*), growin from seed (gg), Feb 143 D
Coriander, growing from seed (gg), June 20 201 C
Cuttings, propagating on water heater (gg Sept 181 C; Dec 181 S, D
Cuttings, simple, free, Aug 78 all
Eucalyptus, from seed, June 110 C, S, D; Aug 148 N
Ferns, growing from spores, Nov 285 N, I
Flower seeds that need light to sprout (gg Mar 209 C
Geraniums, trailing pansy (*Pelargonium tricolor, P. violarium*), July 176 all
Gooseberries, Feb 146 C
Hydro-grafting as last resort, Mar 238 C
Hydro-seeding (gg), Mar 210 N
Hydroponic gardening unit you build, Feb 158 all
Lilies, propagating from scales, Dec 193 a
Manzanitas, large varieties, growing from cuttings, seed, Nov 264 C, 286 S, D
Monkey puzzle tree (*Araucaria araucana*) starting from seed (gg), Sept 179 S, D
Onions planting sets, Feb 175 S, D
Perennial flowers, planting seed for 1979 bl Sept 185 all
Perennials from cuttings (gg), May 261 S
Perennials, starting seeds indoors for bloo first year (gg), Jan 105 N
Pinks, laced, from cuttings, July 178 C, S
Plumeria, from cuttings, July 198 N, C
Sansevieria, dividing, Jan 125 N
Seed flat, recycled styrene-foam packing material (gg), Mar 209 C
Seed germination, checking soil termperat (mgg), May 264 N, C, D
Seed starting, best soil mixes, Mar 242 al
Seeds pelletized (gg), Feb 143 N
Silver squill (*Ledebouria socialis*), from cut Dec 186 all
Strawflowers, from seed, Mar 214 all
Streptocarpus, propagating from seeds or cuttings, Apr 323 N, 318 C, 325 S, D
Tidytips (*Layia platyglossa*), seeds by ma Nov 276 all
Tomatoes in pots grown from seed, Feb 72 Mar 100 N, C
Vegetable planting, harvesting tips, Mar 2
Vegetable seeds, expected shelf lives (gg), Mar 210 C, S, D
Vegetables, sprouting seedlings under wet newspapers (mgg), June 222 N, C, D
Wild Shrubs, Finding and Growing Your book review (gg), Sept 179 N
Wildflowers, spring-blooming, planting se fall (gg), Nov 261 D

Pruning
Apples, mini-orchard, Jan 114 all
Bamboo, arrow (*Pseudosasa japonica*), ke in check (gg), June 202 N
Branch bundling, quick, easy (gg), Jan 1

ing (contd.)
, prune-grooming, May 296 C, S, D
tree (*Erythrina caffra*), July 170 S, D
e brush, dwarf (*Baccharis pilularis*),
t 182 N, C, 202 S, D
damaged plants (gg), Jan 105 D
berries, Feb 146 C
us rose-sinensis 'Agnes Galt', pruned to
w into tree (gg), June 203 S
eather pruning (gg), May 261 D
l, English, prune into tree, Jan 108 N
, hedge (*Ligustrum vulgare, L. lifolium*), clipping if you wish, July 178 N
ng cuts, sealing with tape, Apr 309 N, C, S
odendrons, pruning heat-damage, older
ts (gg), Apr 270 N
lents, frost-damaged (gg), Feb 143 D
ia, Jan 116 N, 120 C, S, D

onal Gardens

adian
odendrons, azaleas, VanDusen Botanical
olay Garden and University of British
umbia, Vancouver, Apr 124 all
odendrons, Century Park, Barnaby, B. C,
124.all

ert
zona Beautiful", water conservation
gnition (gg), Feb 143 D
garden societies, additional listing,
113 D
Gardening: Desert Plants and Their tivation, book review (gg), June 201 D
rrigated garden saves water, gets lots of
ge, flowers, May 270 S, D
n lecture-demonstrations, Neel's nursery,
n Springs (gg), Jan 105 D
Mexico Native Plant Societies, booklets,
s, Apr 309 D
sales, Arizona Botanical Gardens (gg),
269 D
-making trees, vines keep Tucson house,
len cool, May 266 N, S, D
ing for indoor plants, Palm Springs (gg),
143 D

vaiian
ons in Maui garden make shade, preserve
, Mar 238 N, S, D; Apr 288 C
Kapiolani Park Rose Garden, Honolulu,
America Rose selections (gg), Apr 270 S

rmountain and Rocky Mountain
Mexico Native Plant Societies, booklets,
s, Apr 309 D
deled Denver Garden has less lawn, more
ting, Nov 286 N
of Tree's, Guide to Historic Trees at
mount, booklet review (mgg), Sept 199 C
Family Garden, Creston, Montana,
22 all
garden of many parts, Apr 312 all

thern California
ones Institute, Sonoma County, work-
ps, home programs (gg), June 201 C
ocino Coast Gardeners' Almanac (gg),
209 C
house, Botanical Garden, UC Berkeley
, Apr 269 C
guide to Japanese Tea Garden, San
ncisco's Golden Gate Park (gg), June 202 C
idea collecting, *Sunset's* Garden, Menlo
k, May 300 all
rose gardens (gg), May 261 C
odendrons, San Francisco's Golden Gate
k, UC Berkeley Botanical Garden,
124 all
ga Community Garden, equinox
bration (gg), Sept 181 C
ga Horticultural Foundation, Saratoga,
f., improved plants, Aug 160a S

Regional Gardens (contd.)
—Northern California (contd.)
Sunset's Garden, Menlo Park, Calif., invitation to visit, May 126 all
Thomas Church landscape design, Santa Cruz campus, Nov 312 all
Trees of Lafayette, book review (gg), Apr 271 C
Vegetable gardening courses, Farallones Institute, UC Berkeley (gg), May 262 C

—Northwest
"Merrie Makings", annual holiday greenery sale Olympia Garden Club (gg), Dec 181 N
Azaleas, Hendricks Park, Eugene, Ore., Apr 124 all
Crystal Springs Rhododendron Garden, Portland, Apr 124 all
House plant lecture, Seattle Center (gg), Feb 144 N
House plant sale, Diabetes Assn., Seattle (gg), Mar 210 N
Mediterranean-look garden in Washington, Jan 110 N
Multilevel Lake Washington shore garden created from sloping lot, Feb 156 N
Mushroom show, Portland (gg), Oct 230 N
Rhododendrons, azaleas, University of Washington Arboretum, Seattle, Apr 124 all
Rhododendrons, Point Defiance Park, Tacoma, Apr 124 all
Sierra Park for Blind, Edmonds, Wash., Mar 60 N
Waterfall Garden Park, Seattle, Dec 62 all

—Southern California
All-America Rose Selections Gardens (gg), Apr 270 S
Botanical walks, field trips, Jan 32 S, D
Descanso Gardens, La Canada, Rose Day, history of roses garden (gg), Jan 105 S
Eucalyptus Day, L.A. State and County Arboretum's Spring Extravaganza (gg), June 202 S
Garden Weeds of Southern California, book review (gg), Mar 211 S
Ground covers for slopes threatened by slides, Nov 122 S, D
Guide to Botanical Resources of Southern California, book review (gg), Feb 144 S
Huntington Library and Botanical Gardens, San Marino, new herb garden, Feb 62 C, S, D
Long Beach Cactus Club sale, Sept 188 S, D
Palm-lover's garden, San Diego, Apr 310 D; July 188 S
Pierce College, Woodland Hills, Nature Center, arboretum, working farm, Apr 320 S, D
Plant sale, L.A. State and County Arboretum, Arcadia, May 316 S, D
Rancho Santa Ana Botanic Garden, wildflowers, Apr 110 all
San Diego Wild Animal Park, garden idea collecting, Aug 162 S, D
Santa Barbara Botanic Garden, wildflowers, Apr 110 all
South Coast Botanic Garden, Palos Verdes Peninsula, Children's Day (gg), Mar 209 S

Retail Plant Sources
Alyssum, sweet, 'Wonderland' seed (gg), Mar 210 C, 209 S
Annuals to plant over bulbs, seed, Oct 259 C
Basil seed, four varieties, Apr 286 all
Bean 'Santa Maria Pinquito' seed (gg), Mar 210 S, D; Apr 318 N, 271 C
Beans, bush, flageolet and soldier, Apr 318 N
Begonia catalog, new (gg), Apr 270 S
Bulb sale, University of Washington Arboretum, Seattle (gg), July 165 N
Cactus, Long Beach Cactus Club's annual plant sale, Sept 188 S, D
Camellias, November-blooming varieties, mail-order source, Nov 117 N, C, S
Catalogs, fall, ordering (gg), July 165 S
Catmint seeds, Mar 255 N, 229 C, S, D

Retail Plant Sources (contd.)
Cherry-like tropical fruits for mild coastal climates, July 168 S, D
Coleus seeds, Mar 222 all
Columbine (*Aquilegia chrysantha*) seed (gg), Feb 143 D
Eucalyptus gunnii, E. niphophila (gg), June 202 N
Eucalyptus seed, Aug 148 N; June 111 C, S, D
Eucalyptus seedling sale, L.A. State and County Arboretum (gg), June 202 S
Exotica Seed Company Catalog (gg), Feb 143 S
Geraniums, trailing pansy (*Pelargonium tricolor, P. violarium*), July 176 all
Gobo seed, May 286 N
Green Thumb Directory, book review (gg), Apr 271 S, D; June 202 N
Herbs, lemon-scented, June 204 all
House plants, unusual, mail-order nurseries, Dec 204 all
Iris, walking (*Neomarica gracilis*), Oct 248 all
Lettuce 'Royal Oak', seed (gg), Apr 269 C
Lily specialists, mail-order, Dec 192 all
Linden, African (*Sparmannia africana*), Mar 233 all
Luffa cylindrica, seeds, Apr 278 all
Magnolias, Oriental, rare, Oct 242 all
Manzanita, other native Western plant seeds, Nov 264 C, 286 S, D
Maples, David's, paperbark, Oct 232 N
Natives, New Mexico, specialty nurseries (gg), May 262 D
Pepper 'Szegedi', seed, Apr 137 all
Pinks, laced, seed, July 178 C, S, D
Plant sale shoppers, tips for (gg), Oct 229 C
Plant sale, L.A. State and County Arboretum, Arcadia, May 316 S, D
Plant sales, Arizona Botanical Gardens (gg), Apr 269 D
Plumeria cuttings, July 198 N, C
Rhododendron 'Markeeta's prize' (gg), Apr 270 N
Roses, miniature, for containers, July 180 all
Roses, old, rare varieties, Mar 220 all
Salsify seed, Feb 164 all
Seed, pelletized, for carrots, lettuce (gg), Feb 143 N
Seed stores, old-fashioned, Mar 234 all
Squash, melon, seeds (gg), May 262 C
Strawflower seed, Mar 214 all
Tomato seeds, mail-order sources, Feb 72 S, D
Wildflower seed mix (gg), Nov 261 D

Shrubs
Agapetes serpens, weeping, red-flowered plant, Mar 246 S, D
Arctostaphylos manzanita 'Dr. Hurd', new large manzanita, Aug 160a S
Aucuba, Japanese (*A. japonica*), unthirsty shade plant, Sept 194 all
Bamboo, arrow (*Pseudosasa japonica*), pruning to keep in check (gg), June 202 N
Bamboo, giant timber (*Phyllostachys bambusoides*), reestablishing, May 294 all
Bare-root, bargains (gg), Jan 105 C
Bird-of-paradise, Mexican (*Caesalpinia pulcherrima*), heat-loving plant (gg), June 202 D
Camellia, book review, Dec 198 all
Camellias, 21 November-blooming varieties, Nov 116 N, C, S
Ceanothus 'Owlswood Blue', new fast growing, unfussy shrub, Aug 160a S
Cherry, Barbados (*Malpighia glabra*), tropical fruit new to Calif., July 168 S, D
Cherry, Surinam (*Eugenia uniflora*), for mild climates, July 168 S, D
Cotoneaster (*C. lactea, C. glaucophylla*), birds' favorite (gg), Dec 181 D
Deep-soaking (gg), Feb 144 C
Frangipani (*Plumeria rubra*), growing in So. Calif. (gg), June 202 S
Fuchsia bonsai, Sept 76 all
Grevillea tridentifera, low-growing ground cover (gg), June 202 C

Shrubs (contd.)
Hibiscus rosa-sinensis 'Agnes Galt', pruned to grow into tree (gg), June 203 S
Hibiscus, increasing your chances for success in desert areas (gg), Apr 269 D
Holly, Chinese (*Ilex cornuta*), July 199 S, D
Holly, English (*Ilex aquifolium*), July 199 S, D
Holly, English (*Ilex aquifolium*), varieties, gift seedlings (gg), Dec 181 N
Juniper, Rocky Mountain (*Juniperus scopulorum*), size, shape, color, May 276 all
Kalmia latifolia, shrub to upstage rhododendrons, June 221 N
Laurel, English, prune into tree, Jan 108 N
Leptospermums for mild-winter gardens (gg), Feb 143 C, S
Leucothoe fontanesiana 'Compacta', small version of old favorite (gg), Apr 271 N
Lily-of-the valley shrub (*Pieris*), new varieties, May 317 N, 316 C
Linden, African (*Sparmannia africana*), Mar 233 all
Loquat (*Eriobotrya deflexa* 'Coppertone'), new hybrid (gg), May 263 C; June 201 S
Mangle dulce (*Maytenus phyllanthoides*), desert hedge or bonsai, Feb 161 D
Myrtle, Chilean (*Luma apiculata*), refined evergreen, Mar 212 all
Nandina, ten varieties, good-looking, tough shrub, Apr 282 all
Oleander, easy-to-grow shrub (gg), Aug 146 C
Olive, Texas wild (*Cordia boissieri*), tropical-looking desert plant, Mar 256 D
Osmanthus, holly-leaf (*O. heterophyllus*), holly look-alike, July 199 S, D
Pittosporum tobira 'Wheeler's Dwarf', low, wide-growing plant (gg), Sept 179 C
Pittosporums, broad-leafed evergreen shrubs adaptable to many uses, Oct 232 C, S, D
Plumeria, Singapore (*P. obtusa*), growing in So. Calif. (gg), June 202 S
Poinsettia care for Christmas bloom (gg), Oct 229 S, D
Privet, glossy (*Ligustrum lucidum*), birds' favorite (gg), Dec 181 D
Privet, hedge (*Ligustrum vulgare, L. ovalifolium*), clipping if you wish, July 178 N
Pyracanthas, birds' favorite (gg), Dec 181 D
Raphiolepis 'Majestic Beauty', big and bold shrub (gg), Oct 229 C
Raphiolepis indica 'Ballerina', lowest-growing variety (gg), Oct 229 C
Rhododendron 'Markeeta's Prize', available commercially (gg), Apr 270 N
Rhododendron 'Unique', popular, slow-growing (gg), Apr 271 N
Rhododendron gardens, public, San Francisco to Vancouver, B.C., Apr 124 all
Rhododendron shows, coast, Apr 316 N, 300 C
Rhododendrons, growing needs, Apr 314 N, C
Rhododendrons, heat damage (gg), Apr 270 N
Rhododendrons, how to grow in So. Calif., May 304 S, D
Root pruning (gg), Feb 144 N
Roses
All-America Rose Selections gardens, So. Calif., Hawaii (gg), Apr 270 S
All-America Roses for high desert gardens (gg), Jan 105 D
Handbook for Selecting Roses, booklet review (gg), Jan 105 C
Miniatures, for containers, July 180 all
New 1978 varieties, Jan 118 N, S, D
Old, rare varieties, Mar 220 all
Old, six varieties, Mar 108 all
Public rose gardens (gg), May 261 C
Rose Day, Descanso Gardens, La Canada, Calif. (gg), Jan 105 S
Roses are for You, booklet (gg), Jan 105 C
1978 All-America Rose Selections, Feb 161 C
1978 All-Americas, 'Color Magic', 'Charisma' (gg), Jan 105 all
Silverberry, big leaf (*Elaeagnus macrophylla* 'Ebbingi'), birds favorite (gg), Dec 181 D
Verbena, lemon (*Aloysia triphylla*), June 204 all
Xylosma congestum, all-in-one landscaping plant, Nov 270 S, D

Soils
Amendments, organic (gg), Feb 143 S
Fertilizing mountain country soils (mgg), May 264 N, C, D
Hard soil, making soft (gg), Apr 271 S
Improving soil with homemade compost, three ways, Aug 148 D
Preparing soil for planting, May 270 N
Soil conditioner chart (gg), Sept 180 N, C; Oct 230 S, D
Soil mixes, best seed-starting, Mar 242 all
Soil ph, checking (mgg), Aug 161 N, 160a C; D
Sterile ground, testing for (gg), June 201 D

Stakes, Supports
Grape arbor-gazebo-sandbox (gg), Feb 144 D
Ivy, English, on apple tree trunk (gg), Feb 143 N
Peas, garden, ways to train (gg), Mar 211 C
Plant support ideas for vegetables, ornamental vines, Apr 122 all
Staked-tree dangers (gg), Mar 210 D
Tree staking tips (gg), Apr 270 D
Trellis removes for painting (gg), Sept 179 C

Succulents
Burro tail (*Sedum morganianum*) (gg), Jan 106 N
Cactus and Succulents, a *Sunset* book, Jan 113 N, C, 126 S, D
Cactus gardening, tools for, Feb 177 N; Mar 248 C
Century plant (*Agave americana*), prevent skin contact with sap (gg), Nov 261 S, 263 D
Chandelier plant (*Kalanchoe tubiflora*), Dec 204 all
Delosperma pruinosum, tiny ice plant (gg), Oct 229 S
Donkey tail (*Sedum*), four kinds (gg), Apr 270 S; June 202 C
Frost-damaged plants, pruning (gg), Feb 143 D
Hen and chickens (*Sempervivum tectorum*), easy to grow (gg), May 262 N
Ice plant (*Delosperma pruinosum*), tough, easy to grow (gg), Sept 179 D
Milk tree, African (*Euphorbia trigona*), prickly sculpture, Aug 165 N, 164 C, S, D
Portulacaria afra, trailing form, Mar 250 S, D
Sansevieria, dividing, Jan 125 N
String of beads (*Senecio rowleyanus*), Dec 203 all
Succulent-cactus mini-garden for child (gg), May 262 S
Succulents in shallow pots make instant bonsai, June 210 all

Tools
Cactus gardening, tools for, Feb 177 N; Mar 248 C
Fruit-picking device (gg), Feb 144 S
Garden power tool safety (gg), Sept 180 S
Hand weeding tools, Oct 253 N, 260 S, D
Quick couplers for easy watering (gg), Aug 146 S
Root feeder (mgg), May 265 N, C, D
Suppliers of uncommon garden tools, Nov 282 all
Watering stand for portable "rain" (gg), June 202 S

Training Plant Growth
Apples, mini-orchard in small space, Jan 114 all
Bonsai from native trees, shrubs, Mar 236 N
Bonsai, mangle dulce (*Maytenus phyllanthoides*), Feb 161 D
Bonsai, fuchsia, Sept 76 all
Bonsai, instant, party, Nov 122 N, C, 264 S, D
Euonymus fortunei 'Gracilis' trained to arch over garage opening (gg), Mar 209 N
Hibiscus rosa-sinensis 'Agnes Galt', pruned and shaped into tree (gg), June 203 S
Wisteria grown as a tree, July 194 N
Xylosma congestum, all-in-one landscaping plant, Nov 270 S, D

Trees
Acacia, blackwood (*Acacia melanoxylon*), t kinds of leaves (gg), Feb 143 C
Acacia, blackwood (*Acacia melanoxylon*), seedling's split personality (gg), Apr 269 S
Acacia, bailey (*A. baileyana*), floral display, Jan 126 C; Feb 170 S
Acacias, new varieties for desert, Nov 116 I
Arctostaphylos manzanita 'Dr. Hurd', new la manzanita, Aug 160a S
Aspen, quaking (*Populus tremuloides*), planting, Sept 198 N, D
Bare-root, once-a-year bargains (gg), Jan 10
Birch, monarch (*Betula maximowicziana*), aphid resistance (gg), Mar 209 N
Birch, white (*Betula verrucosa*), landscapin ideas from Finland, Nov 274 all
Birch, Young's weeping (*Betula verrucosa* 'Youngii'), small ornamental (gg), Apr 27
Bunya-bunya (*Araucaria bidwillii*), indoor-outdoor plant, Aug 166 S, D
Bunya-bunya tree (*Araucaria bidwillii*), start from seed (gg), Sept 179 S, D
Cherry, tropical (*Prunus salicifolia*), fruit f mild coastal climates, July 168 S, D
Chinese tallow tree (*Sapium sebiferum*), fa color, drought resistant (gg), Dec 181 C
Christmas tree, living, transplanted into po deck when not in house (gg), Nov 262 N
Christmas trees, live, digging, ball-and-bur method (gg), Dec 181 N
Christmas trees, living, care (gg), Mar 210
Coral tree (*Erythrina caffra*), pruning to o up, July 170 S, D
Cypress trees, remedy for canker, June 21
Cypress, Arizona (*Cupressus glabra*), vigo hedge or screen, Nov 270 C
Deep-soaking (gg), Feb 144 C
Dogwood, small, transplanting (gg), Apr 269 N
Elm leaf beetle, Aug 154 all
Elm, Chinese, affected by anthracnose (gg Aug 145 C
Empress tree (*Paulownia tomentosa*), tree all seasons, Mar 226 all
Eucalyptus bark made into "logs", Dec 201 S, D
Eucalyptus branches, glycerinized, dyed, Feb 156 C, S, D
Eucalyptus seedling sale, Los Angeles State County Arboretum (gg), June 202 S
Eucalyptus, growing from seed, June 110 C, S, D; Aug 148 N
Eucalyptus, shopping for healthy young t June 234 C, 238 S, D
Forest screens house from street in two y (gg), July 165 C, S, D
Gum, cider (*Eucalyptus gunnii*), freeze-resistant (gg), June 202 N
Gum, red-cap (*Eucalyptus erythrocorys*) show, Jan 126 C, Feb 170 S
Gum, snow (*Eucalyptus niphophila*), free resistant (gg), June 202 N
Japanese maples, book review (gg), July
Juniper, Rocky Mountain (*Juniperus scopulorum*), range of size, shape, colo May 276 all
Magnolia, Oyama (*M. sieboldii*), late; lo flowering (gg), May 263 N
Magnolias, Oriental, shopping for, order rare varieties, Oct 242 all
Maple, David's (*Acer davidii*), distinctive fall color, Oct 232 N
Maple, paperbark (*Acer griseum*), unique fall color, Oct 232 N
Monkey puzzle tree (*Araucaria araucana* starting from seed (gg), Sept 179 S, D
Monkey puzzle tree (*Araucaria araucana* indoor-outdoor plant, Aug 166 S, D
Mulberry trees, avoiding sooty canker (g Jan 106 D
Myrtle, crape (*Lagerstroemia indica*), sho for (gg), Aug 145 S
Palo verde tree borers, adult beetles (gg) July 166 D
Pine or conifer male catkin clusters, Feb
Pine, Aleppo, blight (gg), Apr 269 D

(contd.)
Monterey, care for trees affected by pitch
h (gg), June 201 C
porums, broad-leafed evergreen trees
ptable to many uses, Oct 232 C, S, D
arpus henkelii, new conifer (gg),
165 S
ing for young trees (gg), Oct 229 C
d-tree dangers (gg), Mar 210 D
of Pines, book review, Feb 148 all
taking tips (gg), Apr 270 D
for Lafayette, book review (gg), Apr 271 C
with branches nearly parallel to main
k, Dec 196 all
r sun scald on young trees, preventing
, Jan 105 N
hazel, red-flowering (*Hamamelis*
rmedia 'Diane') (gg), Jan 105 N
ma, small-scale tree (gg), Nov 262 S

icals and Subtropicals
y-like fruits for mild coastal climates,
168 S, D
ytes on Palo Verde tree create tropical
ng (gg), Oct 230 S
a Seed Company catalog (gg), Feb 143 S
le, new bromeliad magazine (gg),
229 S
d, jewel (*Haemaria discolor dawsoniana*),
wing as house plant (gg), Nov 263 N
ds, growing on slabs, Sept 200 all
ds, growing out-of-doors, Sept 92 all
lover's garden, San Diego, Apr 310 D;
188 S
ple, container-grown (gg), Feb 143 S
ria, from cuttings, July 198 N, C
a, color cyclopedia of exotic plants and
s, book review, Sept 186 all

tables
agus bed, planting, care, Feb 162 N
'Santa Maria Pinquito', old bean makes
eback (gg), Mar 210 S, D
plants, common damagers, July 170 N, C
, bush, flageolet and soldier, Apr 318 N
, green, drying, Sept 190 N, S, D
ge worms, controls (mgg),
e 223 N, C, D
ge, flowering, makes unusual center-
e, Dec 184 N, 212 C
ge, Savoy (gg), Mar 211 N; July 165 C
ts mini-types, in steel drums, Feb 168 all
ts, less frequent watering after sprouting
, Apr 269 S
ts, radishes, mixing seed to break soil
t (gg), Mar 209 C
root, from seed, Feb 176 C
, rhubarb, planting seed (gg), Mar 209 N
iners for winter vegetables (gg),
262 D
weather crops (mgg), Sept 199 N, C, D
nder, growing from seed (gg),
e 202 N, 201 C
earworm, Aug 148 C
selecting varieties (gg), Aug 146 N
super-sweet varieties, Mar 216 all
nber 'Liberty', 1978 All-America Seed
ction (gg), Mar 209 S
nbers, second planting (gg), Aug 145 D
-yielding varieties for mountain gardeners
g), June 222 N, C, D
Preservation Hotline, King County,
sh. (gg), Sept 179 N
early, dangers (mgg), Sept 199 N, C, D
from seed, harvesting, May 286 N
house roof, portable, for raised vegetable
s (gg), Apr 268 all
ing from seeds or transplants (gg),
r 211 D
ing in raised beds (mgg), Mar 230 N, C, D
food gardening (gg), Mar 209 N, 210 C
ponic gardening unit you build,
158 all
flowering makes unusual centerpiece,
184 N, 212 C

Vegetables (contd.)
Lettuce 'Royal Oak' (gg), Apr 269 C
Lettuce, preventing bolting (gg), May 262 N
Luffa cylindrica, growing own back scrubbers, Apr 278 all
Mushroom show, Oregon Mycological Society, Portland (gg), Oct 230 N
Onion family, air-drying for eating, storing (gg), Sept 179 N
Onions, planting sets, Feb 175 S, D
Peas 'Sugar Snap', Oct 92 all
Peas, two easy ways to train (gg), Mar 211 C
Peppers, old-country sweet, Apr 136 all
Plant support ideas, Apr 122 all
Planting for fall harvest (gg), Aug 145 S
Planting, harvesting tips to help increase yield, Mar 240 N
Pollinating by hand (gg), May 262 D
Raised bed of vegetables faced with pebble mosaic panels, July 192 S
Salsify; growing your own, Feb 164 all
Schoolchildren's garden, Prescott, Ariz., May 306 all
Seeds pelletized (gg), Feb 143 N
Seeds, collecting, Aug 156 all
Seeds, shelf lives (gg), Mar 210 C, S, D
Shallot 'Fresh Green', mild (gg), Mar 209 S
Small vegetables for small gardens (gg), May 261 S
Spinach, three warm-season alternatives (gg), Mar 211 S
Sprouting seedlings under wet newspapers (mgg), June 222 N, C, D
Squash, melon (gg), May 262 C
Squash, summer and winter (gg), May 261 N
Squashes, summer, reasons for failure (gg), Aug 145 S
Succession-planting for vegetables all summer in hot So. Calif. valleys, June 222 S
Tomato 'Floramerica', 1978 All-America seed selection (gg), Mar 210 S
Tomato 'Presto', containers (gg), May 261 N
Tomatoes, drip irrigation (gg), Apr 269 S
Tomatoes in pots grown from seed, Feb 72 S, D; Mar 100 N, C
Tomatoes, high-altitude gardens (mgg), May 264 N, C, D
Tomatoes, growing secrets, July 186 all
Tomatoes, growing tricks for mountain gardens (mgg), June 223 N, C, D
Tomatoes, headstarting (gg), Apr 270 N
Tomatoes, when to pick (gg), Sept 179 N
Tomatoes, limited growing season in desert gardens (gg), Mar 209 D
Vegetable bouquets from your garden or market, Dec 206 C
Vegetable gardening courses, Farallones Institute, Berkeley (gg), May 262 C
Vegetable-cleaning area (gg), July 166 D
Vegetable, flower combinations (gg), July 165 C
Vegetables from 400 square feet, Mar 246 N
Vining crops, preventing fruit decay on vine (gg), Apr 269 D
Watermelon 'Sweet Favorite', 1978 All-America seed selection (gg), Mar 210 S
Year-around vegetables, Jan 116 C, S, D

Vines
Asparagus, ornamental (gg), Jan 105 C
Bare-root bargains (gg), Jan 105 C
Cat's claw (*Doxantha unguis-cati*), fast growth (gg), May 262 D
Clematis, golden (*C. tangutica*) (gg), July 165 N
Euonymus fortunei 'Gracilis' trained to arch over garage opening (gg), Mar 209 N
Euonymus fortunei, easy to grow (gg), Mar 209 N
Fig, creeping (*Ficus pumila*), fast growth (gg), May 262 D
Fig, creeping (*Ficus pumila*), growing outdoors in mild Northwest (gg), Nov 262 N
Honeysuckle, Hall's (*Lonicera japonica* 'Halliana'), birds' favorite (gg), Dec 181 D
Hydrangea, climbing (*H. anomala petiolaris*), July 196 N

Vines (contd.)
Ivy, Boston (*Parthenocissus tricuspidata*), Virginia creeper relative, July 190 all
Ivy, English, on apple tree (gg), Feb 143 N
Morning glory 'Heavenly Blue', 'Early Call Rose', Mar 256 S
Philodendron, split-leaf (*Monstera deliciosa*), from house to garden, Nov 297 C, 273 S, D
Plant support ideas, Apr 122 all
Queen's wreath (*Antigonon leptopus*), fast growth (gg), May 262 D
Silver lace vine (*Polygonum aubertii*), long-blooming, Apr 318 S
Silvervein creeper (*Parthenocissus henryana*), for mild climates, July 190 all
Trellis removes for painting (gg), Sept 179 C
Virginia creeper (*Parthenocissus quinquefolia*), hardy, fast-growing, July 190 all
Virginia creeper, Rocky Mountain (*Parthenocissus inserta*), July 190 all
Wisteria grown as a tree, July 194 N
Wisteria, pruning, Jan 116 N, 120 C, S, D

Water Plants, Waterfalls and Pools
Flowerpot fountain, May 310 N, 313 V, 289 S, D
Pond in garden of many parts, Apr 312 all
Water lilies, water hyacinths, growing in desert areas (gg), Apr 270 D

Watering
"Arid-zona Beautiful", water conservation recognition (gg), Feb 143 D
Basins, raised, around newly planted trees, shrubs (gg), Sept 179 S, D
California water information (gg), Feb 143 C
Drip-irrigated garden saves water, gets lots of foliage, flowers, May 270 S, D
Drought-tolerant plants (gg), May 263 C
Dryness, how much plants can stand (gg), Aug 145 S
Early-summer watering, key to mountain gardens (mgg), June 222 N, C, D
Hanging baskets, watering tip (gg), July 165 N, C
House plants, "wick" method for vacation time (gg), Aug 145 D
House plants, watering aids, Nov 268 all
Indoor plants, watering hoses (gg), Oct 229 N
Overwatering, avoiding (gg), Aug 145 C
Quick couplers for easy watering (gg), Aug 146 S
Tomatoes, drip irrigation (gg), Apr 269 S
Trees, shrubs, deep-soaking (gg), Feb 144 C
Water need chart for landscape plants (gg), Sept 181 D
Water-wise gardening tips (gg), Apr 269 C
Watering equipment, neatly organized, Apr 315 S, D; May 289 C; June 235 N
Watering stand for portable "rain" (gg), June 202 S
40 Ways to Save Water in Your Yard and Garden, booklet review (gg), Jan 105 S

Weeds and Weed Killers
Corto Australian saltbush (*Atriplex semibaccata* 'Corto'), weed ground cover for desert gardens (gg), Oct 230 D
Garden Weeds of Southern California, book review (gg), Mar 211 S
Tools for hand weeding, Oct 253 N, 260 S, D

Wildlife in the Garden
Atrium garden has frogs, toads, Sept 199 S
Bird-proofing seedlings with screen cone (mgg), May 265 N, C, D
Birds, keeping away from rows of seedlings (gg), Apr 270 S
Birds, planting fruit-producing shrubs, vines for (gg), Dec 181 D
Birds, plastic panels prevent window crashing, Nov 292 C
Birds, stockings keep out of grapes (gg), June 203 D
Gophers, control methods, Apr 302 all

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Indoor Gardens Make News in the Mountain States p. 42

Quick-step Fish Dinners You Don't Thaw First p. 52

Great Year, Great Month to Discover Death Valley p. 54

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Central Edition Feature articles for January 1978

The superb winter beaches on the San Mateo coast..... 30
What's next after house plants? Indoor gardens..... 42
Six bread loaves in one pan..... 48
Garden planters using flue tiles and sewer pipe..... 50
Fish dinners you don't thaw first..... 52
It's a great year and month to discover Death Valley..... 54
Trade winds cool Honolulu award-winner..... 58
They parade and perform just for fun..... 60
The gardener's midwinter challenge..... 104

vel

uary travel in and beyond the West..... 3
s and downs of Champoeg..... 22
Mount Tamalpais winter hikers,
wo places to refresh and warm up..... 24
nish Colonial past—in Baja..... 29
Mateo's superb winter beaches..... 30
ks and maps for Hawaii visitors..... 34
v railroad museum in Old Sacramento..... 36
ape—20 minutes from the Las Vegas casinos..... 38
a great year to discover Death Valley..... 54
y parade and perform just for fun..... 60

dening

at's next after house plants? Indoor gardens..... 42
uary in your garden..... 104
v fruit trees—20 to choose from..... 108
v a self-fertile almond and cherry..... 110
v helps on hand for gardeners..... 113
onishing mini-orchard in Portland..... 114
secret of long yields from cool-season vegetables.. 116
tures, an auction, three pruning
emonstrations, three poultry shows..... 118
wisteria pruning time..... 120
pes grown, wine made in Westlake Village..... 122
d trees plus a floral display..... 126

ding and Remodeling

den planters using flue tiles and sewer pipe..... 50
de winds cool Honolulu award-winner..... 58
epskin mittens—you cut and lace..... 62
shelves are just boxes hanging from 2 by 4's..... 64
-make-it rack—up to five bikes..... 66
ging fire is a great radiator..... 71
divider is really a practical pantry..... 72
ther way to go: a spiral..... 75
whole wall is now her cork bulletin board..... 76
Changing Western Home*..... 78
g your skis on bottle corks..... 80

kshop and Craft Projects

pskin mittens—you cut and lace..... 62
-make-it rack—up to five bikes..... 66
whole wall is now her cork bulletin board..... 76

Letter from Sunset:

We launch another new special-interest magazine..... 136

Home Management

Hanging fire is a great radiator..... 71
Another way to go: a spiral..... 75
One whole wall is now her cork bulletin board..... 76
*The Changing Western Home**..... 78

Food and Entertaining

Six bread loaves in one pan..... 48
Fish dinners you don't thaw first..... 52
*Sunset's Kitchen Cabinet**..... 82
Hot pot supper from Vietnam..... 84
*Chefs of the West**..... 86
Bar cookies—easy, cakelike..... 89
Game plan for Super Bowl soup..... 90
At-the-table showmanship with chicken breasts..... 92
January menus..... 96
Squid by any other name would taste so delicious?
Call it "calamary"..... 102

Landscaping and Outdoor Building

Astonishing mini-orchard in Portland—
140 grafted trees..... 114
It's wisteria pruning time.
Cutoff last season tangle..... 120

The Cover Story

Skylights and south-facing windows are two of the ways that indoor gardeners in the Rockies can fill their houses with the rich natural light that most plants love. Architects for this solar house in Aspen were Erdman and Lipsey for Joyce and Lorenzo Semple. For more indoor gardening ideas, see page 42.
Photograph by Glenn Christiansen

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ID STUBBS

ing cliffside wind currents, *hang glider pilot puts on a show for spectators; his beach landing requires a technique rating of Hang 2*

Helmeted *pilot lifts his 55-pound glider nto the wind, ready to soar off the cliffs at Fort Funston*

STEVE W. MARLEY

He's holding *the radio that controls that lightweight glider, one of many types flown at Thornton*

tch the sky sports at San Francisco's oceanside bluffs

after a storm front has passed and winds begin to whip the coast from west, look up into the skies around Funston and Thornton State Beach. may see a dazzling display of wings l manmade—from 10-foot model anes to 32-foot hang gliders.

coastal bluffs off the Great Highway e an exciting takeoff point for the g hang glider pilots who gather e in flocks when the wind is right. A erly wind of 12 to 30 mph gives them just the right lift to step off the cliff without making a long takeoff run, and to hang in the air indefinitely or maneuver to a gentle descent.

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You'll see some 25 types of brilliantly

Sunset *The Magazine of Western Living* • *January 1978*

Where to put *their own luggage was a problem as each rental car filled up with cameras and lighting systems*

A photography team hits the road

Before the first word of an article is written, much concentrated activity often takes place. A striking example: our story on indoor gardening in the Rocky Mountain states (page 42).

Last summer, outdoor living editor Roy Krell scouted most of the homes described in the article. In October, chief of photography Glenn Christiansen and art director Bill Cheney went back with him for a series of whistle-stop photography sessions.

In just three days, they juggled five plane trips, three rental cars, and a flotilla of camera equipment to cover eight houses in Aspen, Denver, Salt Lake City, and Ogden. Their coordination paid off with a little flexibility in Aspen: the extra time to look at an unscouted indoor garden they had heard of only hours before. It became our cover photograph. □

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colorful gliders on an average day, a
many pilots are happy to explain th
crafts to you while they wait in l
for takeoff.

Incidentally, in partial response to a h
accident rate in this sport, instruct
and observers now watch, evaluate,
give written tests to novice hang gli
pilots, then award them a rating betw
Hang 1 and Hang 4. The Fort Funs
site requires a rating of Hang 2 for g
ing down to the beach and Hang 3
soaring over the cliffs.

Fort Funston is on Skyline Boulev
(State 35) just south of its junction w
the Great Highway. To find out w
conditions, call Chandelle, a hang g
ing shop, at (415) 756-0650.

Slope soaring. At Thornton State Be
you'll see another type of gliding cr
unmanned and radio controlled, i
sport called slope soaring. Made fro
kit that costs $250 to $1,000, inclu
the radio control box, each airplane
a 10 to 15-foot wingspan. There
about 500 designs, and you may se
good variety of them if there's a west
wind and if one of the Bay Area's th
slope soaring societies happens to
practicing.

Operating techniques are basic: By n
ing a tiny stick on the radio control b
the pilot can move the rudder and
rons to guide the 3½ to 5-pound c
through the air. Since it has no mo
it is limited to the same maneuvers
full-size glider, and is similarly depe
ent on updrafts and wind currents.

The planes can put on quite a show
you—soaring, diving, and circling ou
sea. Their range is limited by the po
of the control box, but some can fl
far as 2 miles from their pilots.

Thornton State Beach is in Daly Ci
few miles south of Fort Funston,
the intersection of Skyline and J
Daly boulevards.

Oakland Museum feast

A chance to sample the native food
California will be offered by the Oakl
Museum on January 20. "Eating y
way through California" will highl
the bounty of eight geographic reg
of the state in a fund-raising feast
ganized by the Natural Sciences G
and prepared by the food services co
cil of the museum. It'll be served o
buffet table the shape of California.

The five-course dinner will begin w
fresh seafood from the coast: cla
mussels, crab, and sea urchins. Fo
served from other regions will incl
flower fritters, stuffed mushrooms,
salmon from the Coast Range; wa
cress salad and duck from the Cen
Valley; rabbit with herbs from the F
Sierra.

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undecided), call the Natural Sciences Guild of the Oakland Museum Association, (415) 273-3884, before January 10. The museum restaurant seats 150 people; if reservations exceed that, another dinner will be scheduled.

Colorado ski reports

For skiers heading out to Colorado's slopes, there are now toll-free telephone numbers to call for a report on snow conditions at two major resorts. In central Colorado, Vail's new Snow-Watch number is (800) 525-5510 and in the north-central section, Steamboat Spring's number is (800) 525-2501.

Sacramento goes Hollywood

Independent filmmakers in Northern California have few opportunities to show their films in competition with other artists. The Sacramento Film Festival was begun last year for just that reason, and has been expanded for 1978.

Some 35 works—all 16 mm films by independent, noncommercial producers—will be shown from January 18 to 21. The festival begins Wednesday at 7 with a wine and cheese reception followed by the films; admission is $5. On the following nights, films begin at 8 and admission is $3.50.

The film competition on Thursday will be judged by San Francisco Film Festival director Claude Jarman. On Saturday there'll be a free film symposium at 2 P.M. at the E. B. Crocker Art Gall at 216 O Street.

The festival is at the Showcase Theat 412 L Street; tickets are available th in advance and before each show. F programs, call the Sacramento Cham of Commerce at (916) 443-3777.

Mendocino celebrates Mozart's birthday, January 20 to 2

Wolfgang Amadeus Mozart will be 2 years old this month, and the Mendoc Art Center is sponsoring a celebration his honor. Three concerts on January 21, and 22 feature Bay Area perform in excerpts from Mozart's operas, cha ber music, and choral works. The f two will be held at the art center, 452 Little Lake Street; the third will be h in the large Cotton Auditorium at F Bragg Junior High School, 500 Har Street, Fort Bragg.

For advance tickets ($2.50), write to art center at Box 36, Mendocino, Ca 95460. Indicate preferred and al nate dates, and include a check an stamped, self-addressed envelope.

The Mozart tribute is part of the c ter's continuing Sunday afternoon c cert series, now in its second seas Classical music—voice and instrume —will be presented on February 5 a 19, March 5 and 19, and April 2 a 23; jazz on April 16. There is no vance ticket sale. For details, call (7 937-5818.

For travel planners, a January check list

Walking tours. Sixteen walking tours designed to reintroduce people to the pleasures of walking are outlined for several urban areas of the West, including Los Angeles, San Francisco, Santa Barbara, Oakland, Sacramento, Portland, Seattle, Tacoma, and Denver. All walks are 1 to 6 miles; pamphlets include descriptive text and map. Obtain your packet of 16 Walking the West Walking Tours by writing to Box 5006, Kinney Shoe Corporation, New York 10022; send $1 for postage and handling.

Caribbean and the South. On April 9 in Los Angeles you can board the *Royal Viking Sky* to start a 25-day tour by ship, bus, and train. You'll cruise down to Mazatlán and Puerto Vallarta, pass through the Panama Canal, stop at several Caribbean ports, then dock at Fort Lauderdale, Florida. You'll travel by bus through the South to New Orleans before returning to the West Coast by train. The cost, from $2,859, includes all transportation, lodging, and most meals. See your travel agent or write to Finlay Fun-Time Tours, 11306 Burbank Blvd., North Hollywood 91601.

Baja's marine wildlife. February through April there are eight departures from San Diego aboard 95 and 105-foot sportfishing boats to view the natural history of the islands and lagoons along Baja's west coast. During the six or seven-day outings you'll observe gray whales, elephant seals, sea lions, and numerous sea birds. You can fish or beachcomb; there are evening slides and lectures and you can use the ship museum and library. The all-inclusive cost from San Diego is from $440. Write to Natural History Explorations, Fisherman's Landing, 2838 Garrison St., San Diego 92106.

Orient tours. Twice monthly you can join a 24-day Far Eastern outing that combines a land tour and an eight-day cruise. You'll sightsee in Tokyo and Kyoto, and enjoy the attractions of Hong Kong and Singapore before cruising to the Indonesian ports of Bali, Surabaya, and Jakarta. Finally, there will be three days of touring in Bangkok. The cost from the West Coast is from $2,287. See a travel agent or write to Venture Tours, 6607 18th Ave. S., Minneapolis, Minn. 55423. □

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

Sunset School & Camp Directory

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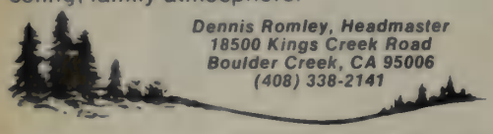

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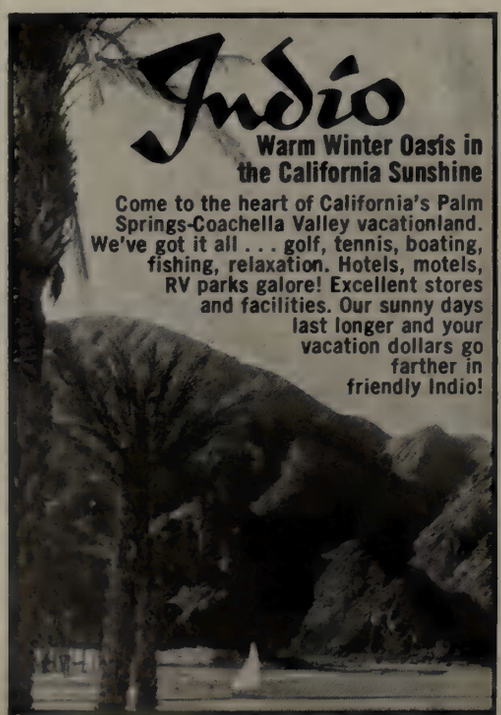

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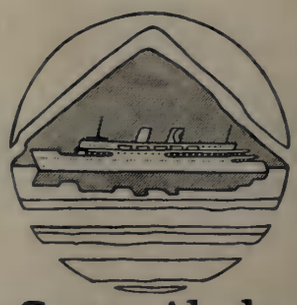

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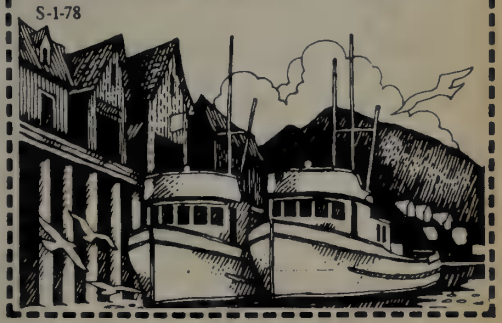

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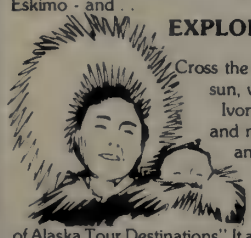

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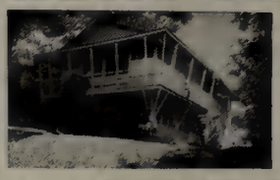

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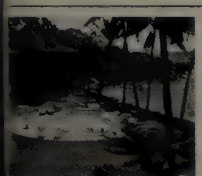

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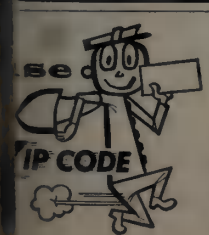

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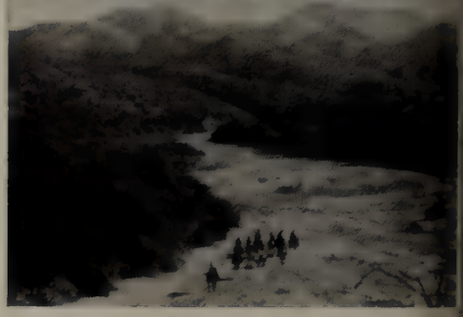

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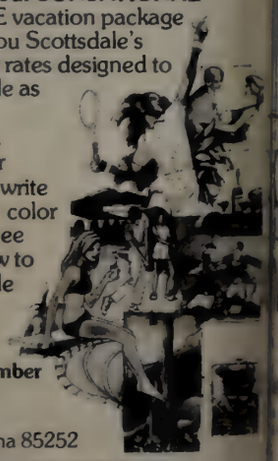

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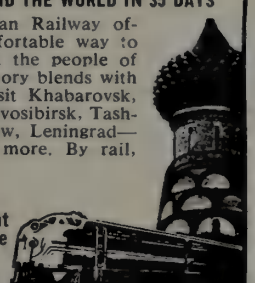

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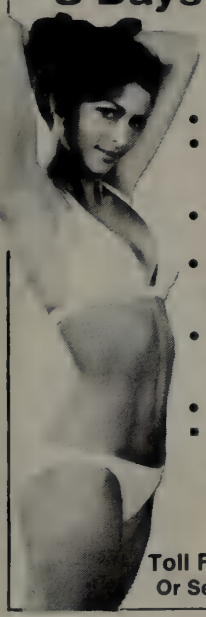

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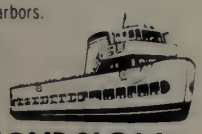

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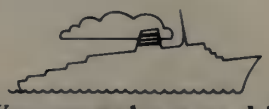

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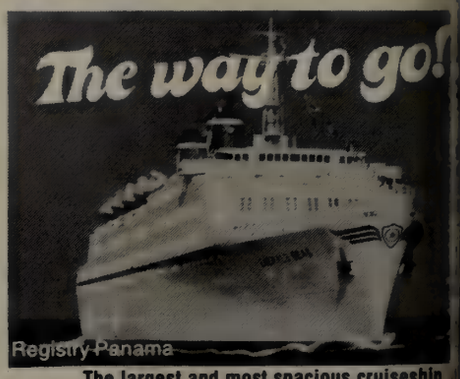

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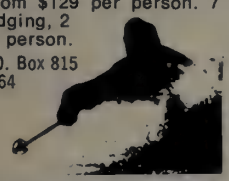

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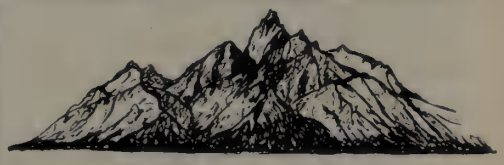

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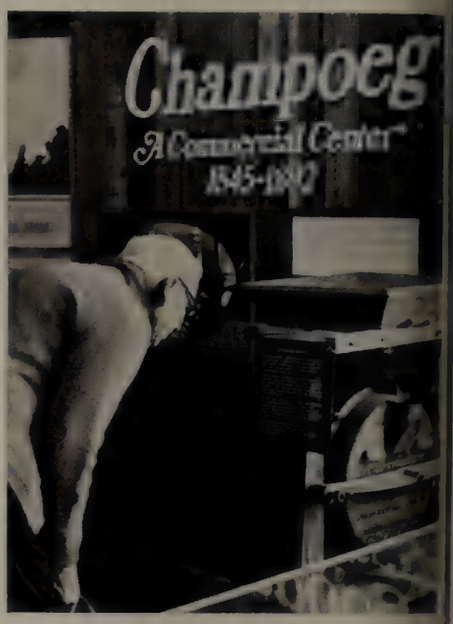

Exhibit takes you back *to the days when Champoeg was a thriving riverboat town*

Ups and downs of Champoeg

Less than an hour's drive south of P land, Champoeg State Park has alw been a popular place for spur-of- moment winter outings: picnick walking the woodsy trails along the W lamette River, pedaling its 4 miles paved bike paths, or even camping developed sites, $4 to $6).

But the newest attraction at 600-a Champoeg (pronounced sham-*poo*- is worth seeing any time, fair weathe foul. It's a handsome visitor center c pleted last June. Well-designed exhi there trace the settlement, growth, eventual decline of the Champoeg c munity during the middle of the century. It was here that a key vote taken in 1843 that set Oregon on road to self-government and indep dence from England.

Winter hours at the center are 9:3 4:30 daily; it's free. The park is c from 8 to dusk. To get there, leave terstate 5 at the Aurora/Donald exit follow the signs west about 9 miles.

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Rustic West Point Inn *has spacious verandas with tables for fair-weather picnics. You can buy refreshments inside, a snug retreat for winter-chilled hikers*

Easiest way *to West Point Inn is 1½-mile Rock Springs Trail from Mountain Theater. It's a ¼-mile zigzag walk down to Tourist Club from Panoramic Highway*

Chalet-style Tourist Club *welcomes hikers (here, a Sierra Club group) to its balconies and deck*

For Mount Tamalpais winter hikers, two places to refresh and warm up

Rising from sea and bay to about 2,600 feet, Mount Tamalpais has the look of a mountain much higher than it actually is, and it offers hiking experiences to match. As you climb its steep flanks, dense forest and open meadows give way to rocky expanses resembling high country above timberline. On a clear day, views from the upper reaches are superb.

Hikers have combed this mountain for over a hundred years, helping to produce the finest trail system in the San Francisco Bay Area. Even in a winter downpour or with occasional snow underfoot, you'll find hikers here.

The regulars know that no matter how cold or wet they get, there are two trailside clubhouses where they can rest and warm up. Both venerable hiker facilities are open to the public, sell refreshments, and provide a place to picnic.

West Point Inn was built in 1904 where the stage road to Bolinas and the Mount Tamalpais and Muir Woods Railway met. Lemonade, tea, and coffee are sold here, and recent changes in the regulations allow the public to stay overnight at the inn ($9 per person). For more information, write or call West Point Inn, 1000 Panoramic Highway, Mill Valley 94941; (415) 388-9955.

The newer (1912) Tourist Club, also known as The Nature Friends (*Die Naturfreunde*), has German origins. You can see its painted balconies and hear occasional oompah-pah music through the surrounding evergreen forest. Here you can buy candy bars and peanuts as well as imported beer, domestic wine and sherry. The club does not allow yo to bring in alcohol, and there is no pu lic overnighting.

Look for the Tourist Club marker 2 miles beyond the Muir Woods turno from Panoramic Highway. Continue a driveway ⅕ mile to the parking lot ar the marked trailhead.

A useful map for walkers and hikers *Trail Map of the Mt. Tamalpais Regi* —quite accurate but without altitu contours. You can buy it at Mou Tamalpais State Park headquarters the intersection of Southside Road ar Panoramic Highway (Pan Toll Statio for $1.25. The two trailside inns sell 25-cent *Hikers' Guide to Tamalpa* showing trails and mileages.

low to talk your wife into a truck.

Let's face it, the prospect of buying your first truck is bound to raise the eyebrows of even the most accommodating spouse. You'll need to employ two commodities to which she is particularly vulnerable: *love* and *logic*.

First, get her to sit behind the wheel of a GMC pickup. Doesn't seem like a truck at all, does it? Point out the big, comfortable seat, the broad windshield—and the commanding view of the road she'd have.

Next, show her a few GMC features. Like vent windows—how long since the family car had those? And the upholstery. d the gages. After that, mention how GMC's are available with options like power steering, automatic nsmission, air conditioning, stereo, even a tilt steering wheel and cruise control. So it's amazingly ile to drive.

And speaking of drive, by all means try to get her to drive it. Begin with a brief review of everything that kes a GMC a smart investment: the rugged truck constitution; the smooth riding coil spring front suspension; long list of creature comforts; and of course, the errands it could help run.

But do not be dismayed if she declines the test-drive. You know how she is about other people's property. 'll wait till you buy a GMC of your own. Then your biggest problem will be prying it away from her. Good luck.

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"My wife took this shot of a killer whale leaping out of Glacier Bay, Alaska."

— Jim Whittaker for Westours.

JIM WHITTAKER WAS THE FIRST AMERICA ON MT. EVEREST. He is the leader of the 1978 American Expediti of K2, the world's second highest mountain. Last summer, he and his wife photographer Dianne Roberts, toured Alaska a cruised the Inside Passage with Westours.

nn Muir said Glacier Bay was
ne of the quietest places on
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9.
e was right.
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he Muir Glacier made us feel
warfs.
climbed Mt. McKinley in 1960.
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before. Cruising the Inside
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the world today—that everyone
joy.
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, 1000-mile cruise through the
Passage.
arbor seals barked at us.
back whales sang for us. Bald
s soared for us—hundreds of
oove the sea. And a killer whale
l completely out of the water
cier Bay, a rare occurrence
ing to the ranger—my wife has
graphic proof.
ear Juneau, we hiked around
endenhall Glacier with some
who had never seen snow before
njoyed a cool one in the
Dog Saloon.
Ve saw the onion domes of Sitka.
wo things we wished we had
but just ran out of time: Traced
old Rush Trail of '98 aboard the
w-gauge White Pass and Yukon
ad to Whitehorse; and cruised
ynn Canal by daylight on the
MV Fairweather.
Ve visited Anchorage, the
nuska Valley and Portage
er. Dianne and I saw a 50-pound
ge and rode on one of the
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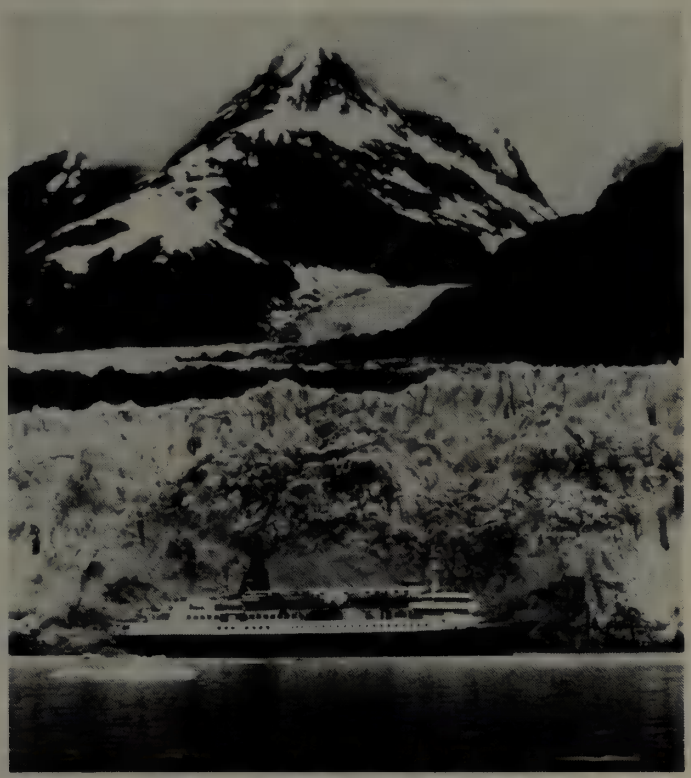
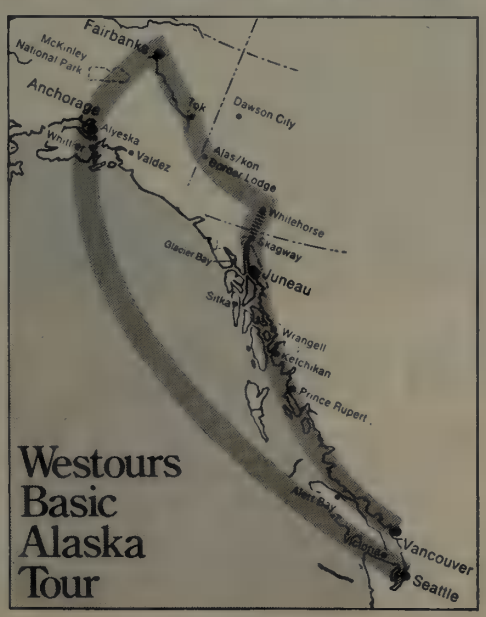
Jim Whittaker and Dianne Roberts on one of the world's classic adventures.



The Prinsendam is dwarfed by Margerie Glacier at Glacier Bay. The Prinsendam is registered in Netherlands Antilles.



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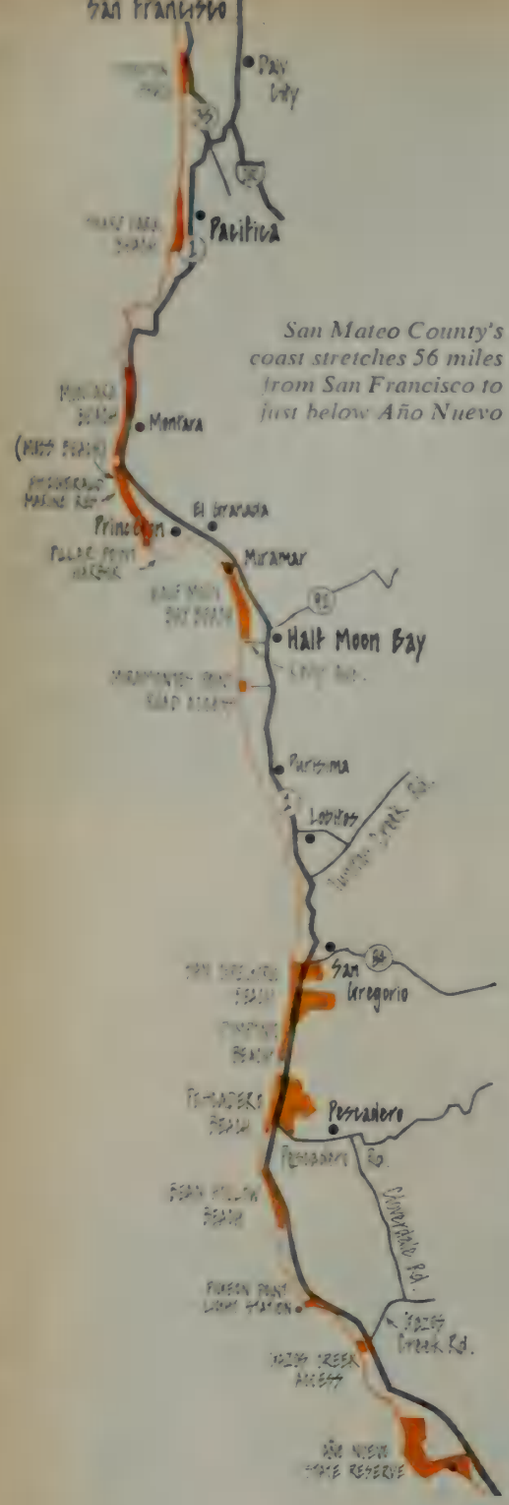


San Mateo County's coast stretches 56 miles from San Francisco to just below Año Nuevo

GREG MANCUSO

Launching a kite *is one excuse for a brisk run along a sandy, foam-flecked beach*

The superb winter beaches

The San Mateo coast between storms . . . fishing, kites, hiking, tidepooling, sea lions, elephant seals, skim boards, picnics

Beach outings in the dead of winter? You bet. Some of northern California's finest beach weather occurs during the calm, usually sunny days between winter storms.

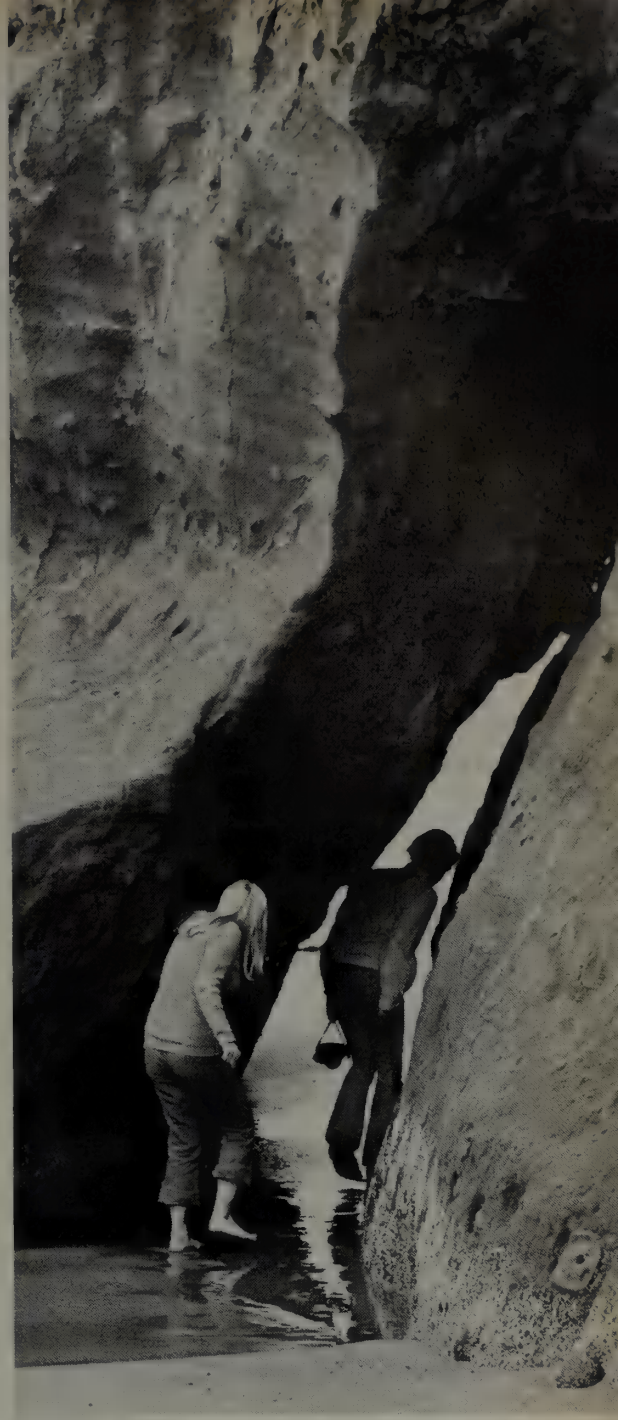
Along the San Mateo County coast there are more clear days from now through April than throughout the summer months. During these interludes shore birds skitter among stranded clumps of kelp; on offshore rocks sea lions sun themselves between bouts of fighting or fishing. And, more frequently now, Bay Area families are emerging from snug homes to sample the delights of a rain-washed beach. In fact, in recent years some winter beach activities, includi naturalist-led hikes to see the eleph seals, have become so popular that r ervations are a must.

Winter also brings some of the yea most convenient low tides for fishi mussel gathering, beachcombing, sa castling, and tidepooling. Approxim

All eyes watch *as naturalist at Moss Beach explains the mysteries of the intertidal zone during this low-tide ramble*

JERRY FREDRICK

Fleshy proboscis *of beached elephant seal is a prime attraction of organized tours at Año Nuevo*



NORMAN A. PLATE

Eroded cleft *in sandstone wall opens the way to hidden cove on San Mateo County coast*

s for afternoon minus tides at Half n Bay are: January 7, −1.4 at 3:20; ary 8, −1.6 at 4; January 21, −0.3 20; January 22, −0.4 at 3:50; Feb- y 4, −0.9 at 2:15; February 5, −1.2 Remember that state law prohibits cting live tidepool creatures.

many people, exploring the coast after a winter storm is an experi- in itself. Wind-scoured and wave- t, the beach is a pristine wilderness sed of summer's accumulation of wich wrappers and cans. The only rints are your own, and along the m-marked edge of the high-tide line may find unexpected treasures: a ct shell, gnarled driftwood, perhaps e glass Japanese fishing float.

year the coast here will also be g a close look from planners from Mateo County and the state Depart- of Parks and Recreation, as both agencies begin gathering public input for master plans on coastal development.

The state agency is developing a new master plan for the state beach parks, and is just completing a resources and facilities inventory. Public hearings are scheduled to begin next month; write to George Rackelmann, Box 2390, Sacramento 95811, to get on the mailing list for notices.

San Mateo County will be starting work this month on a comprehensive plan for the entire coastal area, covering everything from agriculture and housing to recreation and utilities. Although public hearings aren't yet scheduled, you can get on a mailing list by writing to Don Craig, Coastal Program, Department of Environmental Management, 590 Hamilton Ave., Redwood City 94063.

The map at left locates beaches with public access along the San Mateo coast. Listed below are activities you can participate in this month, along with suggestions for some of the best places we've found to pursue them.

One serious caution: Winter seas can be treacherous, especially along this stretch of coast. Even on clear days, storms still out in the Pacific can generate sizable swells resulting in occasionally large waves. Always keep an eye on the ocean. Beach hikers especially should be aware of the tides to avoid being trapped by incoming seas.

Organized programs. Here are winter beach activities for which you must call ahead to make reservations or confirm times and dates.

Elephant seals. Probably the most popular seasonal attraction along the coast is the elephant seal herd at Año Nuevo State Reserve. The seals come to the dunes December through March to mate and

GREG MANCUSO

Scooting along *the retreating foam, skimboarders buzz San Gregorio Beach*

JERRY FREDRICK

Fatherly advice *to this surfcasting novice may help him land a limit of surfperch*

molt. During this period the reserve is closed except for tours conducted by students from UC Santa Cruz. Reservations for the free 2½-hour tour (you hike about 3 miles) are a must; telephone (415) 879-0749.

Tidepool walks. On low-tide weekends, rangers at Fitzgerald Marine Reserve (you may know it as Moss Beach) lead informal interpretive programs in the intertidal zone. Call 728-3584 for times of the free walks.

Tidepooling on your own is possible along much of the coast, but especially good areas are the rocky points at Pescadero and Bean Hollow, the cove just south of Pigeon Point Light Station, and most of Fitzgerald Marine Reserve.

Horseback riding. There are four stables on the northern part of the coast that rent horses; all have trail access for beach riding.

Friendly Acres, 2150 N. Cabrillo Highway, Half Moon Bay 94019; 726-9871. Open daily, 8 to 4:30; about 35 horses; $6.50 per hour.

Mar Vista Riding Academy, 2152 Skyline Blvd., Daly City 94015; 755-6400. Open Sunday through Friday, 9:30 to 3:30; about 15 horses; $6 per hour.

Palo Mar Stables, 2116 Skyline Blvd., Daly City 94015; 755-9973. Open daily, 8 to 3; about 20 horses; $6 per hour.

Sea Horse Ranch (on Cabrillo Highway 1 mile north of Half Moon Bay), Box 631, Half Moon Bay 94019; 726-2362. Open daily, 8 to 5; about 70 horses; $5.

Fishing opportunities. The changing character of the coast, an interspersing of ocean beaches with rocky shores, allows a good variety of challenges. Remember that unless you're fishing from a public pier or are under 16, you need a license. A useful guide to the types of angling mentioned here is *How to Fish the Pacific Coast*, by Ray Cannon (Lane Publishing Co., Menlo Park, Calif. 94025, 1968; $3.95).

Surfcasting is probably the most popular. Surfperch are most commonly hooked, along with an occasional striped bass. February through mid-April is the hottest surfperch action, with Thornton, Sharp Park, Montara, Half Moon Bay, and San Gregorio beaches being best. For details on technique, see "The best fishing for surfperch" in the February 1977 *Sunset*.

Rock fishing is possible and can be quite productive, but there aren't many safe places to try it. Pescadero and Bean Hollow offer some good holes, but you should always watch the waves.

Poke poling for rockfish—especially the eel-like, though harmless, blenny—is seldom tried along the San Mateo coast, but is safer and can be more productive than rock fishing. You can do it at low tide wherever rocks are exposed; our tidepool list above suggests places to start. The January 1973 *Sunset* article titled "Poke poling" tells you how.

Pier fishing. You can drop a line from public fishing piers at Pillar Point Harbor (and the breakwater around it) and Sharp Park Beach.

Mussel gathering. Some gourmets consider them a delicacy, some fishermen swear by them as bait. Just pick them off the rocks. Keep in mind that you can collect only 25 pounds of in-the-shell mussels and you cannot take them from state beaches or reserves (the color areas on our map). Mussels are quarantined May through October but are quite safe to eat in winter.

On your own. Some beach activities can be done any time of year almost anywhere along the San Mateo coast. Still some beaches are more suitable for certain pastimes, and at a few beaches some activities are prohibited.

Picnicking. You can spread a blanket on any beach, but you'll find tables, fire pits, restrooms, and water at Thornton, Fitzgerald Marine Reserve (Moss Beach), Half Moon Bay at Francis Beach (end of Kelly Avenue). Other beaches with tables, but no water, are San Gregorio, Pomponio, Bean Hollow.

Camping. The only designated camping on state beaches is at Half Moon Bay's Francis Beach at $4 per night.

Beach hikes. One of the longest stretches of uninterrupted beach is the 3-mile swath from Pillar Point Harbor breakwater south to the county access at the end of Miramontes Point Road; time the southern mile for low tide. Other stretches are the 2 miles from San Gregorio to Pescadero, and south of the Gazos Creek fishing access; time both for low tide and keep an eye on the surf.

Bird watching. Since not many marshes are left along the coast, San Francisco Bay is probably a better place for serious bird watching. However, Pescadero Marsh (behind the beach) with its trails and interpretive signs is the likeliest coastal area, and Año Nuevo also attracts a wide variety of birds. Cormorants, gulls, pelicans, and terns range the entire coast.

Beachcombing. At Año Nuevo and Fitzgerald Marine Reserve you can't collect anything, but at other state beaches you can keep any driftwood you can carry intact—no chain saws are allowed.

Whale watching. This month you may see migrating California gray whales anywhere along the California coast; Montara and Pescadero are the San Mateo beaches that whales often pass close to.

Kite flying, hang gliding. Thornton Beach's high cliffs and steady winds attract hang gliders and model-glider pilots (see page 3 of this issue) as well as a grand variety of kites.

Sailing, windsurfing. Cartop boats you can carry to the water can be launched at the north end of Pillar Point Harbor.

For more information. Headquarters for the San Mateo Coast State Beaches in the blue building at the end of Kelly Avenue in Half Moon Bay. It's open Monday through Friday from 8 to 4:30; telephone (415) 726-6238.

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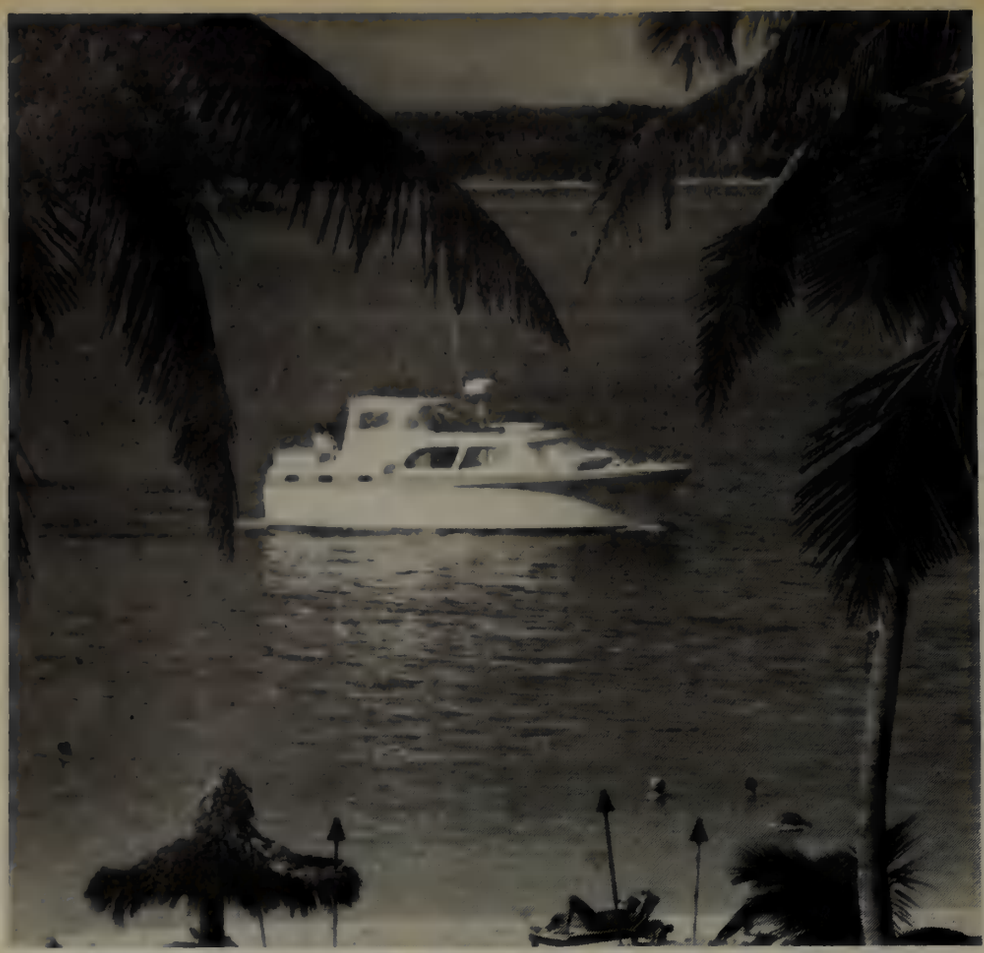

THE BAHAMAS

with John H. Keller
President
Caribbean Holidays, Inc.

The Bahamas are 700 unspoiled islands stretching from the tip of Florida almost to Haiti. If that sounds out of the way, you may be surprised to learn that the Bahama Islands are slightly closer to Los Angeles than Hawaii.

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For Westerners who are just beginning to discover the Bahamas, Caribbean Holidays, Inc. has created almost as many different Bahamas vacations as there are different islands. "Princessland" offers a choice of three hotels in Freeport, with options ranging from a deep-sea fishing trip to golf, tennis and nightclub shows. Prices start at $65. for 3 days/2 nights and $207 for 8 days/7 nights per person, double occupancy.

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On Paradise Island, an aptly named resort area across the bay from Nassau, "Great Escape" offers you 4 days/3 nights at the Paradise Island Hotel and Villas with breakfast and dinner daily. "Name Your Game" has special options for golfers, tennis players, "swinging singles" and honeymooners at a choice of three hotels for 8 days and 7 nights.

Caribbean Holidays, Inc. has been creating Bahamas vacations for 45 years, but only your travel agent can make your reservations. And your travel agent can find the best air fare value for you as well. Talk to your travel agent soon, and tell him I sent you.

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Books, maps for Hawaii visitors

Hawaii-bound sun chasers as well a armchair travelers can choose from wide variety of general guidebook about the Islands. To supplement these guides, the University Press of Hawai has published a new book and a serie of maps during the past year. And an other publisher has released a new ma guide for getting around Oahu o "TheBus." For all mail orders, add 3 cents postage.

The Beaches of O'ahu, by John Clar (University Press of Hawaii, 2840 Kol Walu St., Honolulu 96822, 1977; $4.95 is mostly a detailed listing of 13 beaches, with notes on facilities, avail ability of lifeguards, water condition (including hazards), public access.

For the uninitiated, short primers cov beach equipment, wave-riding sport and dangerous marine animals. More i formation on dangerous water curren would have been helpful, but otherwis this is an excellent guide to Oahu beach experiences.

Reference Maps of the Islands of H wai'i, by James A. Bier (University Pre of Hawaii, 1977; $1.95 each) present the Islands in color. Each shows ge graphic features, including mountain volcanoes, streams, and coral reefs. Me ropolitan areas are shown in yellow, a each map contains enlargements of ma cities and towns. On the back is an ind of streets and natural features. Bea and inland parks, historic sites, a some public facilities are noted in red.

In these maps and other University Hawaii publications, Hawaiian nam are spelled phonetically, with diacritic marks, as an aid in pronunciation.

Honolulu and Oahu by TheBus, by M chael Brein (The Idea Company of H waii, 184 S. Hotel St., Suite 517, Hon lulu 96813, 1977; $1.50) is a comple map guide on seeing Honolulu and Oa by the island's excellent public tra portation system. Although it takes few minutes to figure out how to use t map, you'll learn exactly where to on and off TheBus to see major poi of interest from Iolani Palace to W mea Falls Park.

Sunset books. Recently released is a vised paperback edition of *Sunset's* co pictorial *Beautiful Hawaii* (Lane P lishing Co., Menlo Park, Calif. 940 1977; $6.95). It complements *Suns* detailed travel guidebook to all Islands, *Hawaii* (Lane Publishing C 1975; $3.95).

The new Itasca Sun-Cruiser.™
Motor home owners told us it was underpriced.

e asked a sampling of prospective motor home yers to look over the new Itasca Sun-Cruiser and ggest a selling price. When all the suggestions re in, the average was $1,111 higher than e real Sun-Cruiser selling price. Actual guesses re even higher, but we subtracted the cost optional extras.

That told us a lot, right there. But those same ospective buyers told us a lot more than that. ter looking over two of the Sun-Cruiser's major mpetitors, those people were asked to rate all ee models in the following areas: overall exterior, acious appearance, texture and type of up- stery, and price estimate. We hate to brag, but the Itasca won hands down in every category. And when we asked for an overall preference, Itasca fans outnumbered fans of the other two models combined by more than three to one.

To tell you the truth, these results came as no surprise to us. We knew the Sun-Cruiser had a lot going for it. It's a sizeable 23 feet long. And it has a bright new interior with a wide choice of floor plans. All for a suggested list price of $13,249. Dealer prep, taxes, license and options are extra.

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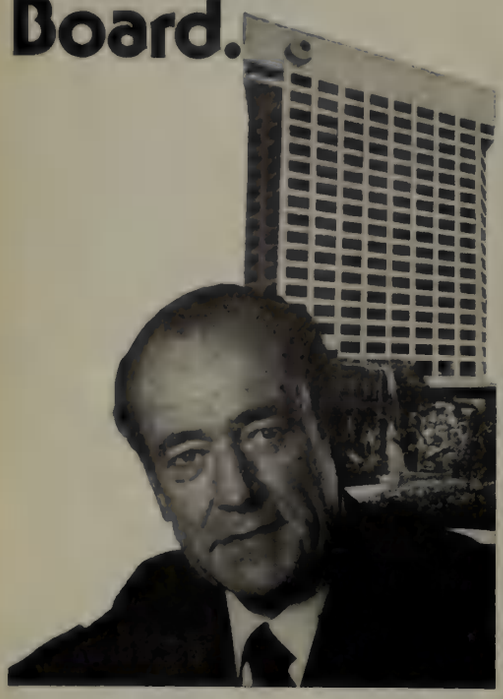

The New Otani Hotel. Truly, there's nothing else like it in Los Angeles, perhaps the world, for the business or pleasure traveler.

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The New Otani
HOTEL & GARDEN / LOS ANGELES

The hotel with the garden in the sky.

The new railroad museum in Old Sacramento is cheerfully noisy

DAVID STUR

Board-and-batten *façade of reconstructed train depot faces cobblestoned Front Street in Old Sacramento Historic Park*

Tour "wand" *tells youngster history of steam locomotive No. 60 at California Railroad Museum. In the late 1800s it chuffed between Reno and Virginia City, later took part in Golden Spike Centennial*

Crossing-warning *sign mark Station 7 on recorded tour*

Even on a quiet winter weekday, the reconstructed Central Pacific Railroad Passenger Terminal in Old Sacramento State Historic Park bustles with invisible but noisy activity. Train whistles blast sharp summonses to chattering passengers in the depot's empty waiting rooms, steamcocks hiss, bells clang, and somewhere a conductor shouts "All aboard" above the din. Dogs bark and roosters crow in the hectic confusion of the baggage room, and the click of the telegrapher's key adds a staccato heartbeat to the sounds that fill the station.

All this realistic cacophony is background for your recorded tour through the first completed unit of the California Railroad Museum. You pick up a to "wand" (actually a small radio receiv as you enter the depot; it explains t exhibits as you approach designated tc stations and describes early railroadi days in California.

Rolling stock on display includes fc steam locomotives, passenger coach an ornately Victorian private car, a an exhibit of freight cars of the 1920s

The depot, on Front Street close to C Sacramento's many shops and rest rants, is open daily from 10 to 5. Ta Old Sacramento exits from Interstat or downtown exits from Interstate Admission is 50 cents for adults, f for those under 17.

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BILL ROS

Rugged crest *of Sandstone Bluffs is backdrop for picnic area at Spring Mountain Ranch. Once a luxurious retreat, the state park's visitor center is in the ranch house (right)*

Escape ... 20 minutes from the Las Vegas casinos

Withered bloom *of spiny yucca attracts desert hikers in Red Rock Canyon*

Tan and pink, the sandstone ridges of the Calico Hills are just 16 miles from the tan and pink casinos of the Las Vegas strip. If you're in Las Vegas to sample the one experience, you may want to try the other.

Calico Hills are part of a 45-mile loop drive into the colorful high desert west of downtown Las Vegas. You can easily drive it in an afternoon, or spend the whole day touring Spring Mountain Ranch State Park and hiking in the high-desert back country administered by the Bureau of Land Management.

From downtown Las Vegas, go wes about 16 miles on W. Charleston Boule vard to the Calico Basin turnoff leadin to Calico Hills. From there, it's 1½ miles to a picnic area on the edge of large meadow shaded with cottonwoo trees. Informal trails radiate out into th richly-hued hills, offering delightful hik ing and rock scrambling opportunitie There are no restrooms here, nor is saf drinking water available.

Two miles past the Calico Basin turn off on W. Charleston is the turno for Red Rock Canyon scenic drive.

SUNSE

78 Buick Regal. own-to-earth dream car.

78 Regal. Outwardly, the is clean. Uncluttered. Inside, e magic. In the way it looks. ay it feels. All in all, a dream car. t in the interest of functionality, w Regal is much trimmer st year's model. To make it maneuverable in city traffic. to park.

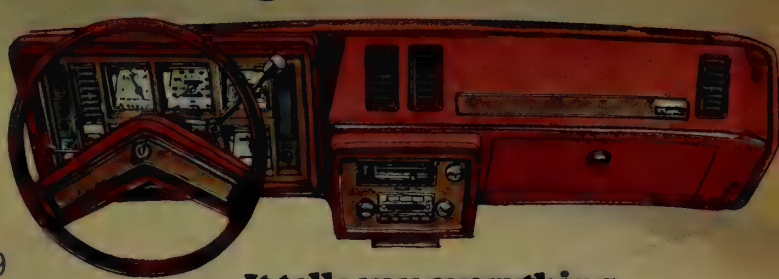
people love going s in ck.

nt more evidence of Regal's o-earth qualities? All right. bout the fact that it gives you unk room, more head room ore leg room than last year's How about the new 3.2 litre (196-cu.-in.) even-firing V-6 that comes as standard equipment? And got, according to the EPA, an estimated 33 mpg in the highway test, 19 in the city, and 23 mpg combined when equipped with a manual transmission (powertrain not available in California). Or an available 231-cu.-in. (3.8 litre) V-6 with automatic transmission that got an estimated 27 mpg in the highway test, 19 in the city and 22 combined. (This V-6 powertrain is required in California and EPA estimates are lower there.) Your mileage may vary depending on how and where you drive, the car's condition, and how it's equipped.

Regal Coupe and Limited models are equipped with GM-built engines supplied by various divisions. See your Buick dealer for details.

Anyway, you get the point. Regal is a pretty amazing combination of the things you want and the things you need in a car. And we suppose we could stop here.

But there's one more little bit



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of Buick science and magic that really makes our case.

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Incredible.

The new Regal. What it is, is a little science. And a little magic. At your Buick dealer.

BUICK

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SIZE	HOUSING FINISH	BLADE	PRICE
52"	Black	Pecan finish	$249
52"	Antique white	Antique white	$289
52"	Black/brass plated	Pecan finish	$329
52"	Brass plated	Pecan finish/cane	$449
36"	Black	Pecan finish	$189
36"	Antique white	Antique white	$219
36"	Antique white	Antique white/cane	$239
36"	Brass plated	Pecan finish	$329

Sandstone face *of multihued Calico Hills dwarfs pair of hikers climbing from a high-desert wash*

paved road leads 9 miles (the last mile i gravel) to Willow Springs Campground a good base for back country hiking an rockhounding. This area was once th home of Paiute Indians, so you ma stumble upon petroglyphs etched o sandstone walls. There's no charge t spend the night in the 16-unit camp ground, which has a restroom but n drinking water. By next May, the BL hopes to open a paved 15-mile driv through these recreation lands.

Back on W. Charleston, it's 5 more mile to Spring Mountain Ranch, a 528-acr cattle operation settled in 1864. D veloped into a combination workin ranch and luxurious retreat by a strin of owners (including Howard Hughes the Nevada Division of State Parks a quired the spread in 1974.

Visitors can tour the ranch house (fre or use the picnic area ($1 per car) dai from 8 A.M. to dusk. On weekends an holidays there are hour-long guide tours of older ranch buildings at 11:3 1:30, and 3:30. Once a month there is special hike or nature program at th ranch; call (702) 875-4141 for details.

A mile beyond the ranch you'll come t Old Nevada, a commercial re-creatio of a mining camp where you can sho watch a gunfight, or ride a train. It open Saturday through Wednesday fro 10 to 6 (a nearby restaurant stays op later). Admission is $3.95 for adult $2.50 for children under 12; under free. From Old Nevada it's a good 1 more miles to Interstate Highway 1 then another 9 back to Las Vegas.

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GLENN CHRISTIANSEN

Aspen . . . rafters garden

Greenery has thrived for eight years in overhead planting troughs made from 8-foot-long steel culvert. Drip tubing and emitters controlled by a valve supply water. Architect was William Lipsey for Felicia Lee

In the bath in Salt Lake City

Skylit bathroom provides lots of light and humidity (washer-dryer also in here). Plastic skylight is 8 feet square, has bronze-tinted outer layer and clear inner layer. Architect/owner: Boyd A. Blackner

What's next after house plants? Indoor gardens

The mountain states are leading the way . . . all through the house

NORMAN A. PLATE

Sun ceiling in Denver

Plant-filled entertaining room was added onto this Denver house last year. It's topped by clear plastic skylight. Bougainvilleas perched on center beam love the sun and heat. Architect was Errol Direcks for Toby Urbach

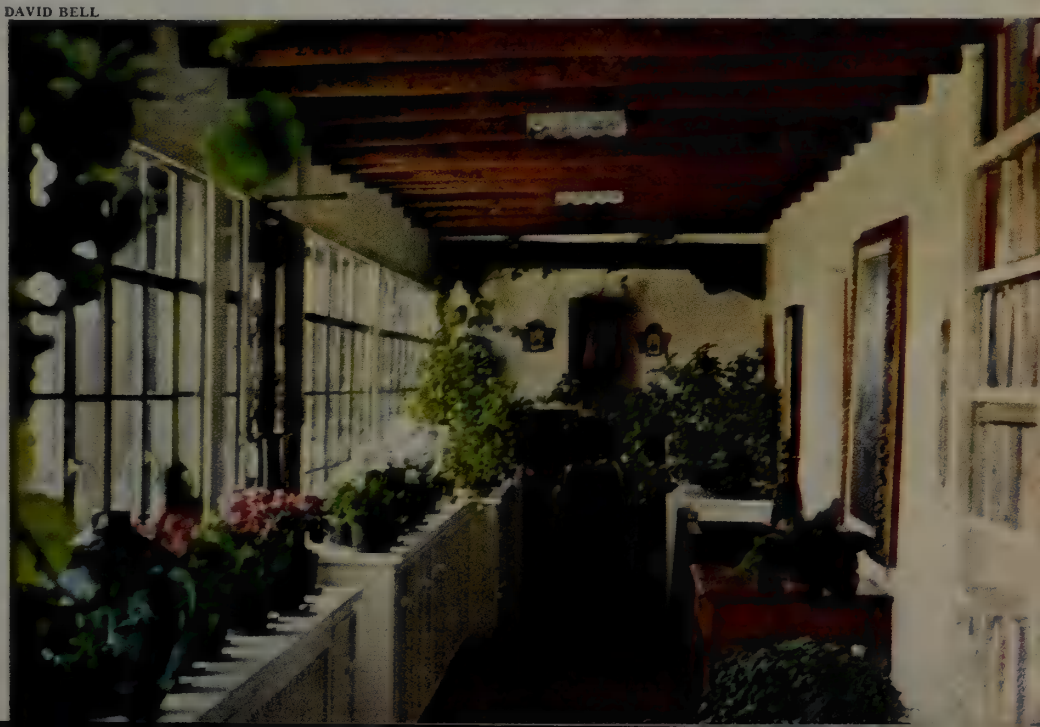
Hang-ups in Denver

Across ceiling near east-facing dining room window, a 12-foot commercial track product holds an artful plant display. Plant light (above) supplements sunlight. Owners: Gene and Trish Amole

Santa Fe gallery

Geraniums flower all winter here; they get morning sun but are kept cool at night

DAVID BELL



oor gardening fever began to sweep country six or seven years ago. Per- s nowhere in the West has it been cticed with more fervor than in the ky Mountain states—especially in ter. At these high elevations, persist- gardeners defy the season by sur- nding themselves with greenery— n flowers—inside their homes.

plants on these six pages and our er, all photographed in Colorado, v Mexico, and Utah, have responded neir carefully planned and controlled ronments with admirable growth vitality. Yet these are building and lening ideas that you can duplicate natter where you live.

oor plants do seem to do well in e houses. This may be due in part he region's high winter light levels. re simply are an impressive number ery clear, sunny days. And some of

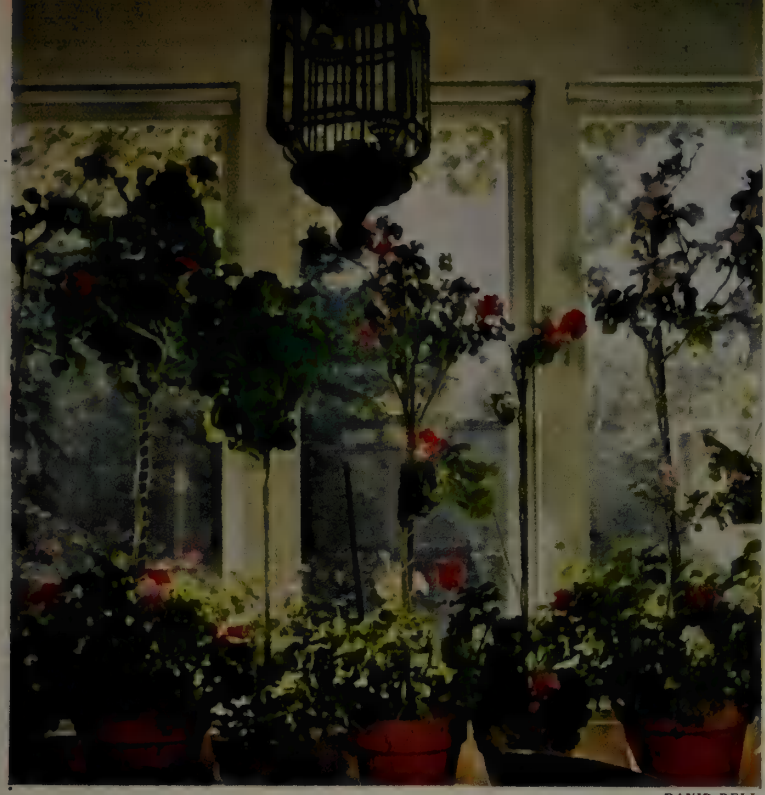
GLENN CHRISTIA

Denver garden window

Tiled bay extends dining room 3½ feet into garden. Big center pane is fixed; two smaller side windows open for ventilation. Exposure is south. Owners/designers: Frank and Faith Morison

In the ground in Ogden

Indoor plants can get larger when they grow in the ground instead of in containers. This 10-year-old garden is in center of main living areas under four clear plastic skylights. Architect was Richard Dorman and Associates for Ralph Nye



DAVID BELL

Overwintering in Santa Fe

Geraniums flee the cold to this south-facing three-panel window (part of a remodeling project), then move outside again in summer. Designer/owner is artist Ford Ruthling

High light in Denver

Skylights make it possible to grow plants in windowless interior spaces like this dining room and stairwell. (Portable humidifier hidden from view.) Designer/owner: Robert M. Caudle

Denver sun control

Too much sun can burn leaves and dry out plants. Here it's controlled by adjustable metal blinds. Wandering Jew trails down face of study balcony. Architect: Jam Wong of Seracuse, Lawler & Partners for the Daniel and Sheila Teitelbaum family

the plantings benefit from light that reflects off the snow.

Architecture also helps. Windows, window walls, and skylights allow all this natural light to penetrate deeper inside these houses, allowing plants to be grown in a variety of places. All our examples emphasize the need indoors for sufficient light: Two of them show how a remodeling project opened up a wall of the house and by so doing created a more acceptable environment for plants. And six of the houses, including the one on the cover, have one or more skylights.

As for culture, the same practices hold for indoor gardening in the Rockies as along the Pacific Coast—good light, good drainage, and careful and moderate watering. But with one main difference: humidity. Everyone we interviewed in this inland region said the relative humidity indoors in winter there can be as low as 5 to 10 percent. This may be all right for many cactus and succulents, but most foliage plants prefer a much higher humidity. Humans, too, are more comfortable indoors with the relative humidity at 40 percent or higher.

When the air in a room is heated up by

Big plants *on our cover are in plastic containers with casters. Here, owner Joyce Semple moves recently transplanted tupidanthus to cooler spot*

NORMAN A. PLATE

To water *his plants, Ralph Nye of Ogden uses a hose reel like the kind you see in service stations. When not needed it retracts into unit, disappears*

a furnace, by sun coming through window, or by lights, the relative humidity drops. As the air gets progressively drier, plants can lose more moisture through their leaves than they can draw up through their roots. At worst a plant can literally die of heat stroke while its roots are almost drowning. It is the vaporized moisture in the air that is important, not just the moisture you pour into the soil mix.

Signs of persistent low humidity include browning of leaf tips and margins and wilting or cupping of the leaves even when the soil feels moist. Dry air is also a more inviting environment for certain insects and mites.

GLENN CHRISTIANSEN

Plants hang *through three levels of house between stairs and an angled glass corner. No saucers are used; water simply drips all the way down to rock-filled concrete catchment, then evaporates to raise humidity. Boyd Blackner house, Salt Lake City*

Water is a challenge. So is drainage. Daylighting is important. So is air moisture. Dry air can bring heat stroke

Well-lighted niche *above entry holds philodendron, milk bush (Euphorbia tirucalli) in background, and bunya-bunya (Araucaria bidwillii) at right. In the Daniel Teitelbaum house, Denver*

ere are several ways to raise humidity. ›st owners of the indoor gardens ›wn here mist their plants once a day, ce a day when it's cold and dry. (A stic bottle with a misting-trigger top ts around $1.)

u can also set plant containers on a er of pebbles or rocks in a saucer or ı of water. Just be sure that the level the water is below the bottom of the ıtainer. Or move the real humidity ers—such as some of the ferns—into ll-lighted bathrooms or a laundry ›m where the air is inevitably moister. ›r around $5 you can buy a gauge that es you both indoor temperature and nidity readings.)

There are portable humidifiers, which we saw in use in several houses, and humidifiers that are built into the heating system. Whatever investment you make in a humidifier for your family's health will also benefit your indoor plants.

Although low humidity is a major problem for these indoor gardeners, it's a hazard to be aware of wherever you live. Conserving energy by lowering the thermostat to 68° will help; it means less superheated, bone-dry air will be forced into your rooms by the furnace.

The kinds of plants we see growing indoors in Utah, Colorado, and New Mexico don't differ much from those we find in houses in California or the Pacific Northwest. Cactus and succulents that are better suited to lower humidity are there in increasing numbers, but not in the quantity you might expect. However, they are definitely worth considering if you can't seem to lick the low humidity problem.

As all these case histories show, good light, at least moderate humidity, and a sensible watering and feeding program are essential for a flourishing indoor garden. Here are two more tips: To keep plants growing full and straight, rotate them regularly so all sides get equal light. And keep foliage clean by dusting, wiping with a damp cloth, or using a commercial leaf cleaning product. □

Two-story-high *skylighted atrium offers plenty of space for these plants to reach impressive proportions. They include ficus, schefflera, palm, dieffenbachia, philodendron, maranta, fern.*
Architect: Winter L. DeLaMare for the James E. Mitchell family, Salt Lake City. Landscape architect: Karsten Hansen
PATRICK KING

Time-saving idea: Bake six loaves at once in your roasting pan

Knead dough *until smooth and satiny; refrigerate 2 to 48 hours*

For quantity baking, *place six loaves side by side in foil pan*

A week's homemade bread with just one baking

Easy-knead recipe . . . refrigerator loaves or freezer dough

How can the mother of three young children manage to serve her family homemade bread without baking every day? One way she can do it is by mixing up enough dough to bake a week's worth of bread at one time.

That's the idea behind this expandable bread recipe. With it, you can prepare up to six loaves of bread at one time. And by adding more yeast, the dough can be frozen, then baked at a later date. For a heartier loaf, you can even use whole wheat flour in place of the unsifted all-purpose flour.

There are other advantages too—the dough requires little kneading and rises in the refrigerator, so you can mix it one day and bake it the next. If you prepare the dough for freezing, it's best to use it within six weeks. The thawed dough can be used in any recipe calling for thawed frozen bread dough.

Quantity Refrigerator Bread

Following the chart at right, gather the ingredients for the number of loaves you wish to make. Thoroughly mix together ⅓ of all the flour called for (use either unsifted all-purpose or unsifted whole wheat flour), the sugar (if used), salt, and yeast in a large mixing bowl. Add th (and honey, if used), then gradually in the water. Add another ⅓ of the fl a little at a time, stirring vigorously a each addition. With your hands spoon, work in the remaining flou cup at a time.

Turn dough out onto a floured b and knead until smooth and sa about 5 minutes; dough should be o soft side. Turn dough over in a greased bowl, cover well, and refrig at least 2 hours or as long as 48 hour

For 2 or 4 loaves, punch down d and divide into 2 or 4 equal por

DAVID STUBBS

Pull gently *to separate the cooled homemade bread into six loaves*

it 1½ lbs. *each*). On a floured l, knead each portion about 40 as you shape it into a smooth loaf. each loaf in a greased 4½ by 8½- loaf pan. Cover and let rise in a place until doubled in size, about 2½ hours. Bake in a 375° oven loaves are well browned and sound w when tapped, about 35 to 40 min- Turn out of pans and onto wire to cool.

5 loaves, punch down dough and e into 6 equal portions (about 1½ *ach*). On a floured board, knead each portion about 40 times as you shape it into a smooth loaf. Place all the loaves side by side in a greased 13 by 17-inch foil roasting pan (or in individual greased 4½ by 8½-inch loaf pans). Cover and let rise in a warm place until doubled in size, about 2 to 2½ hours. Bake in a 350° oven until loaves are well browned and sound hollow when tapped, about 55 minutes (if baking in separate loaf pans, allow at least 1 inch around and between pans).

Let the 6-section loaf cool in roasting pan about 10 minutes; then turn out onto wire racks (you may need a helper). After about 10 more minutes, gently pull to separate loaves. Let cool. (If baking in loaf pans, immediately turn out onto wire racks to cool.)

When loaves are cool, wrap airtight and refrigerate or freeze. Makes 2, 4, or 6 loaves.—*A. S., Glendale, Ore.*

Quantity Freezer Bread

Following the chart below for the number of freezer loaves you wish to make, prepare the dough as directed in the recipe for Quantity Refrigerator Bread. Knead the dough, then divide into 3 or 6 equal portions (about 1½ lbs. *each*). On a floured board, knead each portion as you shape it into a smooth loaf. Place on greased baking sheets—3 loaves per sheet—making sure sides do not touch. Cover tightly with clear plastic wrap and freeze. When firm, wrap each loaf separately in plastic wrap, then in foil, then package in plastic bags and return to the freezer; use within 6 weeks.

To thaw, remove desired number of loaves from freezer. Remove plastic bags and foil, then let stand (wrapped in plastic wrap) at room temperature until thawed, about 4 hours. If you prefer, let loaves thaw in the refrigerator overnight.

When thawed, unwrap each loaf and place it in a greased 4½ by 8½-inch loaf pan. Or place all 6 loaves in a greased foil roasting pan as directed in the Quantity Refrigerator Bread recipe (or use in any recipe calling for thawed frozen bread dough). Cover and let rise in a warm place until doubled in size, about 2 to 2½ hours.

Bake 1 to 4 loaves at a time in a 375° oven until loaves are well browned and sound hollow when tapped, about 35 to 40 minutes. Turn out onto racks to cool. Bake the 6 loaves in a 350° oven until they are well browned and sound hollow when tapped, about 55 minutes. Let cool in pan 10 minutes, then turn out onto wire racks. Let cool another 10 minutes, then gently pull to separate loaves. Cool thoroughly. □

Number of loaves	Unsifted flour	Sugar or honey	Salt	Active dry yeast	Salad oil or melted butter or margarine	Warm water (about 110°)
2	6 cups	¼ cup	1 tablespoon	1 package	2 tablespoons	2¼ cups
4	12 cups	½ cup	2 tablespoons	2 packages	¼ cup	4½ cups
6	18 cups	¾ cup	3 tablespoons	3 packages	6 tablespoons	6¾ cups
3	9 cups	6 tablespoons	1½ tablespoons	2 packages	3 tablespoons	3¼ cups plus 2 tablespoons
6	18 cups	¾ cup	3 tablespoons	4 packages	6 tablespoons	6¾ cups

Round planter *has bottom of wire screening that was cut, then fashioned into deep cone shape for maximum root space. It's held in place by carriage bolts, washers, nuts. Mesh is fine enough that planting mix doesn't fall or wash through*

Juniper trio *grows in 16 by 16-inch flue tiles with concrete bottoms. Landscape architect was Robert W. Chittock for Mr. and Mrs. Robert S. Rogers, Bellevue, Washington. At left you see framework of reinforcing bars and wire n (here bars are parallel, not crossed as suggested in text), and how to set dowels before adding concrete*

GARDEN PLANTERS

Good things happen to flue tiles and sewer pipe

Put a bottom in a section of flue tile or sewer pipe and you have an inexpensive, durable, and handsome plant container for your garden. You'll find the tiles—round, oblong, rectangular, square—at building supply centers.

You can use wood, wire mesh, or concrete for the container bottoms. In the planter at upper left, wire screening is held in place by bolts. The sewer pipe container at upper right has a wood bottom.

Concrete, however, works best inside larger flue tiles because it's the strongest and most durable. For this kind of container bottom, you make a framework with reinforcing bars and wire n then encase it in concrete. Here's method:

Mark a spot on opposite sides of th about 1 inch up from the base. Mar other walls 1½ inches up from the Using a power drill with a ⅝-inch sonry bit, drill the four holes fron

DON NORMARK

PETER O. WHITELEY

Pedestal planter *uses two sections of sewer pipe. Top part has wood bottom (with drain hole) resting on wood cleats glued to inside of pipe. It fits securely over three sections of reinforcing bar glued vertically to inside of base pipe*

BILL FAULKNER

Lots of shapes *and sizes to choose from. Prices are approximate. Big ones are heavy so it's best to plant them in place. Once cut, the ends of reinforcing bars may rust, so plug holes on finished containers with mixture of epoxy and drill "dust"*

le in. Insert two ½-inch reinforc-
ars into the holes to form a metal
with one bar riding on the other;
nds should not protrude beyond the
le face of the tile.

pattern of chicken wire or woven
mesh to fit inside the tile; wire this
bars. Place the tile on a solid flat
ce covered by a piece of plastic
ng. Insert two or three greased
ls (each about 4 inches long) or use
n-long cardboard tubes straight
through the mesh so the ends
the plastic sheet. These will be the
holes.

a fairly dry mix of water, 1 part
nt, and 3 parts sand (or sand and
aggregate). Trowel this over the
and bar framework to a level depth
out 1 inch. Keep it moist and let it
for two days, then tap out the
s. □

Icy fish: *Frozen fillets of perch, sole, haddock, and cod are often more widely available and economically priced than their fresh counterparts. When properly cooked, they're moist and succulent*

No need to defrost. *Simply remove fish from freezer, unwrap, and start poaching fillets togetl with vegetables as directed below*

Quick-step fish dinners

If you poach or bake today's processed-at-sea frozen fish, don't thaw it first. Results will be better. In fact, delicious

Hard as a rock and wrapped in c board—you'd think that no food comes this way could measure up fresh. But think again: Slender bl of frozen fish may fool you. Coo properly, they can taste almost as n and tender as today's catch.

The secret is to cook the fish wit defrosting it. This retains the succu texture and saves you lots of thaw time—you can have a fit-for-comp meal ready in an hour or less.

In many areas, frozen fish is more a able than fresh and it's usually less pensive (up to 25 percent less for n varieties). Sole, cod, perch, and hadd are the most common varieties. Y find the fillets packaged in inch-t 1-pound blocks (such as those sh at left) in the frozen food sectio most supermarkets. They're boned skinned, ready to cook.

When shopping, check to make sur fish is solidly frozen and the packa undamaged and airtight. While the is frozen at its peak of freshness (p essing begins as soon as it's caught) proper handling and storage can c spoilage. There should be no disco tion or white cottony appearance o flesh. You can store the frozen fish p ages in your freezer (0° or less several months.

Here's an easy rule for cooking fr fish—for each inch of thickness si

GLENN CHRISTIANSEN

Use poaching liquid *to make the subtle cheese sauce that complements all. The fish may look kind of blocky, but it should taste almost as good as fresh-caught*

20 to 24 minutes (add a few extra tes if fish cooks with a sauce or ng). This applies to poaching and ıg. For cooking methods that re- a crumb coating (such as deep- g and sautéing), thaw and separate before cooking.

ese recipes, you can use sole, perch, or haddock interchangeably.

ıed Fish and Vegetables
ıeese Sauce

10-inch frying pan, mix 1½ table- ıs lemon juice, 1 bay leaf, ¼ cup hite wine (or water), 3 whole black ers, 2 whole allspice, and ¼ tea- ı salt. Add 1 package (1 lb.) frozen illets, and 4 to 6 *each* small new oes and small white boiling onions about 1½ inches in diameter; cut lves, if larger). Pour in enough to barely cover fish. Bring to boil- over, and simmer about 18 minutes il fish is almost opaque throughout.

l cup frozen peas, cover, and sim- until fish flakes easily with a fork, 6 minutes more. With a slotted a, lift out fish and vegetables; and keep warm. (If potatoes are ne, continue cooking until tender.) oaching liquid, uncovered, until d to ¾ cup; strain; set aside.

an, melt 2 tablespoons butter or rine over low heat. Blend in 1½ oons all-purpose flour; cook until bubbly. Remove from heat and gradually stir in reserved poaching liquid, ¼ cup milk or half-and-half (light cream), and ¼ teaspoon dry mustard. Continue cooking, stirring, until thickened. Add ⅔ cup shredded Swiss cheese and a dash ground nutmeg; continue stirring until cheese melts. Add salt and pepper to taste. Pour over fish and vegetables. Makes 2 servings.

Carrot-topped Poached Fish

Unwrap 2 packages (1 lb. *each*) frozen fish fillets and let stand at room temperature for 20 to 30 minutes.

Meanwhile, combine 2 cups coarsely shredded carrots, 3 tablespoons melted butter or margarine, 1 teaspoon grated lemon peel, 2 tablespoons lemon juice, ¼ teaspoon *each* thyme leaves and salt. Cut each block of fish into 2 or 3 equal portions. Place each piece in a shallow individual ramekin (about 2-cup size) or place slightly apart in a single layer in a 7 by 11-inch baking pan.

Mound carrot mixture evenly over fish pieces. Cover tightly with foil. Bake in a 450° oven until fish flakes, about 35 to 40 minutes.

If using ramekins, hold fish and carrots in place with foil and pour off liquid. If using a baking dish, lift out fish and carrots with a wide spatula, then pour off liquid. Measure fish liquid and add water, if needed, to make 1⅓ cups. Cover fish to keep warm.

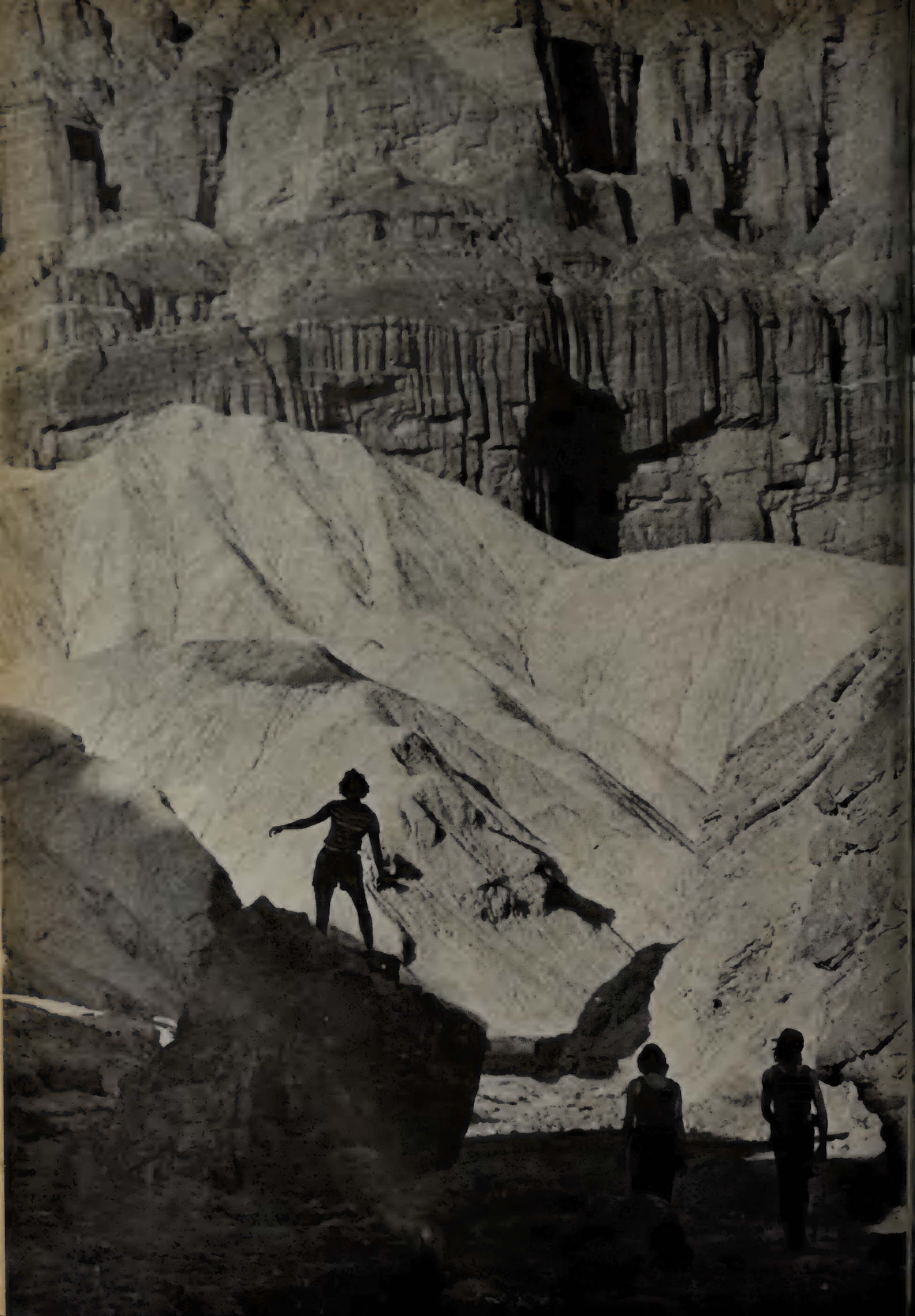
In a pan, melt 3 tablespoons butter or margarine over low heat. Stir in 3 tablespoons all-purpose flour and cook until bubbly. Remove from heat and gradually stir in the 1⅓ cups fish liquid and ⅓ cup milk or half-and-half (light cream). Cook, stirring, until thickened. Add salt and pepper to taste. Pour sauce over fish and carrots. Garnish each serving with a thin slice of lemon if desired. Makes 4 to 6 servings.

Baked Fish with Mushroom Sauce

Unwrap 2 packages (about 1 lb. *each*) frozen fish fillets and let stand at room temperature for 20 to 30 minutes. Cut each fish block into 2 or 3 equal portions and place slightly apart in a greased shallow 2½ to 3-quart casserole.

Stir together 1 can (about 11 oz.) condensed cream of mushroom soup (undiluted), 1 tablespoon instant minced onion, 1 can (3 oz.) sliced mushrooms (drained), ¼ teaspoon dill weed, and ¼ cup dry sherry. Spread soup mixture evenly over fish. Bake, uncovered, in a 450° oven until fish is almost opaque throughout, 22 to 26 minutes.

Toss 1½ cups seasoned croutons with 1½ tablespoons melted butter or margarine; sprinkle over fish. Bake, uncovered, until croutons are browned and fish flakes, about 5 minutes. Serves 4 to 6.—*L. G., Bremerton, Wash.* □



l burros *look tame. Be careful. Overpopulated, threaten to push out dwindling native bighorn sheep*

Desert pupfish, *lush saltbush thrive in saline Salt Creek; new boardwalk there protects the banks from packing down*

JERRY FREDRICK

akes entire guidebooks to cover th Valley National Monument—2 ion acres and 500 miles of mostly ly roads. But man and nature con- tly reshape its face. This year there some new things to see and new s of getting a close look at this ue part of the West.

In addition, a few hot issues are coming to a head. Some native animals of Death Valley are threatened with extinction by changes in the delicate desert life system. The question of mining in the monument, debated heatedly for years, has been answered with a limited solution.

Winter and early spring have always been the most popular seasons here—although the number of summer visitors grows every year. January is the coolest month: 60° to 70° days, 30° to 40° nights; some windstorms. Temperatures climb to about 90° to 100° in April. After that, anything is possible—up to a sizzling 134° in July, 1913!

If winter rains are good, spring wildflowers and cactus should begin to put on a show late this month and into February and March. To find out, call (714) 786-2331.

Getting to know the natives. The rare 1-inch-long desert pupfish (*Cyprinodon*), adapted to living in hot, salty waters, has had much attention lately—too much attention at its major habitats. At Salt Creek (near Furnace Creek), visitors had begun to trample down the stream banks. Now you can walk a new ½-mile-long boardwalk alongside the creek

It's a great year and great month to discover Death Valley

The coolest weather. And there are new things to see

alls *of Red Rock Amphitheater on rise up in Golden Canyon— spot since road washout before last*

Dawn on the dunes *is a good time to enjoy a picnic, look for tiny tracks of desert creatures, take photographs. This month may still be too cool for shirtsleeves—a sweater is just right*

Wildflowers *should begin to show themselves this month; Titus Canyon usually puts on a good display*

to get a closeup look at darting schools. A 1-mile dirt road leads from State 190 to Salt Creek.

The park's other well-known native is the desert bighorn sheep. Late in the day you might see them on the cliffs above Titus Canyon (see directions at right). Numbering only about 400 in the park, the shy bighorn are losing their territory to invasive wild burros—a problem now under serious study.

The burros are nonetheless popular with some visitors. You can see them along Emigrant Canyon Road, off State 190, which goes through a major grazing area. Descendants of domesticated burros that prospectors brought in and then left, these wild animals should not be petted, touched, or fed.

One way of seeing some of the desert's tiny natives—kangaroo rat, gecko lizard, sand and circus beetles—is to visit the 14-square-mile sand dunes near Stovepipe Wells in the early morning. You might bring a breakfast picnic and explore the sand for tiny tracks of the nocturnal hunters; *A Field Guide to Animal Tracks*, by Olauf J. Murie, is available for $4.95 at the visitor center.

Back roads and byways. Nature sometimes carves new routes in the valley—flash flooding washed out two paved roads two years ago. One, the Jubilee Pass Road at the park's south entrance, was repaired just in December.

Another, once a side road of the Badwater Road into Golden Canyon, is now a hiking trail. You can park at the mouth (2 miles south of Furnace Creek) and walk 2 miles through the twisting canyon and on up to the dramatic spire at Zabriskie Point. Broken paving and boulders deposited along the route (hiking boots are a good idea) vividly il trate the power of a flash flood.

Titus Canyon, 36 miles north of F nace Creek on the road to Scotty's C tle, is another good hiking spot. You park at the canyon mouth and hike the road 5½ miles to a petroglyph s Along the way the road winds bene sheer cliffs 500 feet high and in pla only 15 feet apart. In spring the can abounds with wildflowers—Eucnide sting bush, desert fir, Death Valley s blazing star.

You can also drive through Titus C yon on a graded one-way road heac west from Nevada Highway 58 near ghost town of Rhyolite (ask about c ditions first). You might stop in at old Rhyolite Train Station, now resto and turned into a museum and gift sh

At the park's northwest corner is 2,4

Dawn breakfast picnic on the dunes, wildflower hikes, crater exploring

JERRY FREDRICK

At crater's edge, *gusty winds cool you on a path around Ubehebe Crater or over to companion Little Hebe*

Ghost town *of Rhyolite now boasts a gift shop in the restored train station, once the hub of this busy mine town*

high Ubehebe Crater. Take the ed ½-mile path along the crater's and over to nearby Little Hebe er for sweeping views of the Grape- Mountains and the Panamints. It's y—bring a sweater. A ¼-mile path s down into the big crater, but the walk back is only for the hearty.

ll hikes, bring water and check for ictions of sudden storms.

ng in the monument—new legisla- The history of Death Valley is in- ined with mining. How much min- hould go on in the park is a com- emotion-laden issue.

protect scenery, federal legislation d new mining entries as of Septem- 976. Existing claimholders had one to file to record their claims—the step in renewing mine activity. Some 829 claims were filed, covering 360,620 acres. Borax and talc open-pit mining, some near scenic areas such as Zabriskie Point, will be curtailed by the new regulations.

No mines are open for public tours. Signs of mining activity are most noticeable along the road to Dantes View.

Where to stay. The busy season is approaching at the three main resorts. School vacations and holidays, especially Easter, are usually fully booked.

Furnace Creek Inn, a stately adobe and stone building set against the hills, is the grand hotel of the valley ($73 to $85 per day double, two meals included; open November to April). The companion motel-style Furnace Creek Ranch is newer ($22 to $38 double; open year-round). Call (800) 622-0838 or (714) 786-2345 for both. You can hire horses here for guided rides.

Farther north is Stovepipe Wells Village, also motel-style ($18 to $32 double, open year-round); ask operator for Stovepipe Wells toll station 1. A trailer park here has 20 hookups at $4.50 per night.

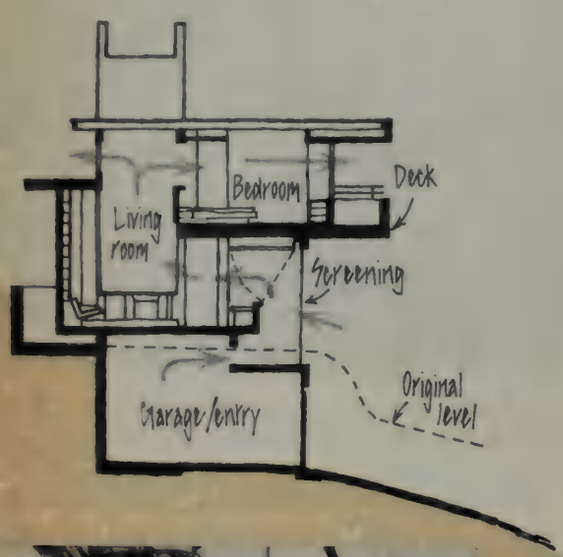
The main campsites are Sunset (1,000 sites), Furnace Creek (200 sites, open all year), Stovepipe Wells (200 sites, open all year), Texas Springs (100 sites), and Mesquite Springs (60 sites).

At the national monument visitor center at Furnace Creek you'll find interpretive programs, maps, and guidebooks, including the excellent *Exploring Death Valley*, by Ruth Kirk (Stanford University Press, revised 1976; $3.45).

In your plans, allow for long drives. Death Valley is flanked by U.S. highways 395 in California and 95 in Nevada. Interstate 15 sweeps by to the south. Furnace Creek is 135 road miles from Las Vegas, 150 miles from Bishop, 182 miles from Barstow. □

Deck *and connecting patio of terraced g are just outside the living r Overhanging bedroom ba has boxy canopy to pr additional shad pr*

Trade winds cool Honolulu award-winner. It's multilevel on a very steep site



Suiting a house to its climate is a basic but often overlooked way to conserve energy as well as make rooms more comfortable to live in. Here is a *Sunset*-AIA award-winning house in Honolulu designed to take maximum advantage of cooling trade winds. The openness of the three interweaving levels makes this small, 1,500-square-foot house seem spacious and allows every breeze to move freely through it, as the gray arrows in the sketch indicate.

The site, with its steep 40° to 60° slope and splendid view, was part of a neighbor's terraced, subtropical garden. The vertical house design did the least damage to it, although one-third of the tight building budget went into concrete block foundations and retaining walls.

Windows along the view side of the living room are angled to prevent reflections from interfering with the magical view of the city at night. When th windows are all opened, the room b comes a screened lanai.

The screening is set well out from t sloping windows and reaches down the top of the garage—leaving an ea pathway for cool air from the garage flow up into the living areas to repla warm air exiting at the top. A clerest window high on the opposite liv room wall encourages this flow, and a brings the gardened slope behind t house into the view of anyone in t upper bedroom level.

Economizing on many small items add up to substantial overall savings. For ample, Chip Detweiler of Meyers, D weiler, and Associates, Architects sav several hundred dollars by specifying posed particle board for kitchen ca netry and doors and designing sim built-in furniture.

From street, *house is masonry tower fitting snugly into hillside. High deck opens off bedroom*

Living room *shares luxury of space, light, and breezes with loft bedroom. Door to deck opens near fireplace. Tall, narrow window at left balances light, and its vertical jalousies open for ventilation. Below right, angled living room windows lift up; screening is directly beyond them.*

GLENN CHRISTIANSEN

STEVE W. MARLEY

Anything goes *(these pictures only hint at how far) in ages, instruments—from trumpet to washboard*

High school *band wa never like this. Helmeted an robed flutist lifts he visor slightly to pla*

COMMUNITY ACTION:

They parade and perform just for fun ... theirs every bit as much as yours

They can straggle so far up and down the street that the front of the band may be playing a different tune than the rear. Instruments range from tubas to kazoos to banjos to double-belled euphoniums —whatever you can make music with. The band members also sing, in uneven harmony. They don't have tryouts and they don't rehearse.

And they are a stunning, crowd-rousing success wherever they parade.

The Los Trancos Woods Community Marching Band is possibly the oldest and certainly the most colorful of a growing number of parade bands that form and perform just for fun.

You may find a similar band surprisingly easy to form with friends and neighbors. In a time of widespread musical education, many people have long-buried musical, marching, or drum-majoring experience and still have instruments. Parade season is generally from April to autumn; this winter gives you time to organize. A look at how the Los Trancos Woods band operates will give you a notion of how to go about organizing your own.

Formed by a handful of college students 18 years ago in its namesake suburban San Francisco neighborhood (only two members live there now), the band has grown to 110 participants. Some were spectators who followed the group to parade's end and paid the $2 annual fee.

The band owes much of its spirit a style, as well as size, to a lack of crite Toddlers and grandparents mix with s dents and learned professionals (the r ter has included one Congressma Those who don't play more conventio instruments can join in with wa boards, tambourines, and slide whist For some, the band is a family aff Stage fright doesn't afflict even no members: There is safety in number

The repertoire is brief and simple avoid time-consuming rehearsals confusion during parades. Some nu bers are easy rousing vocals like *Tip rary* and *Yes, We Have No Banana* Once you've made your band kn (try contacting chambers of comm

bals and bowed psaltery. Umbrella-protected, buggy-mounted refreshment wagon is kept close at hand during every parade

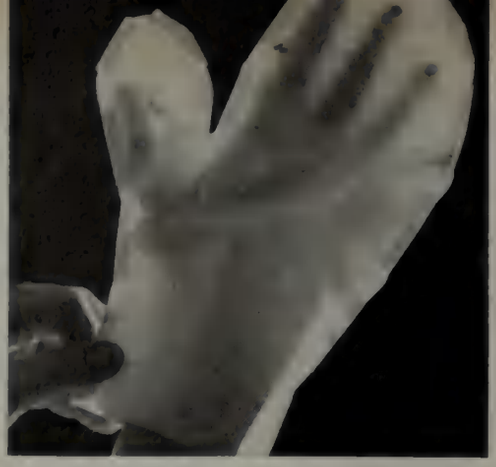
Delight *greets the band (a more immediate reaction is disbelief) as it marches down Main Street on a Sunday afternoon. Brass lead the way—they're loudest*

nearby small towns), you don't have earch out parades; parade organizers er large numbers of participants and come to you. The Los Trancos band epts about a dozen of some 40 invita- s yearly, making enough prize ney to help underwrite charter buses avored parades—most often the Cas- ille Artichoke Festival, the San Juan tista fiesta, the Rio Vista Holy Ghost Bass Derby celebrations, the fourth uly in Redwood City; and Columbus in San Francisco.

major key to success is having all but reliable core of competent, ble regulars—a good drummer or a few brass to carry the melody and ect sound, and some reeds for refinement. The louder brass should march up front so the audience hears a unified wall of music coming toward it.

The $2-per-year membership fee supports Los Trancos band's ever-present beer wagon and the cost of mailings to announce parade schedules. One of the band's leaders, a computer professional, keeps the roster updated in a data bank and easily sends out an automatically addressed computer-printout newsletter. It summarizes the previous parade, gives a tentative future schedule, and provides details—like where and when to assemble—for the next parade, at least a week ahead. □

1 • *With fingers together, thumb extended, trace outline of hand*



2 • *Tape two pattern pieces together, then try on paper mitten to test fit*

3 • *Using pattern and a nylon-tip pen, mark lacing holes on sheepskin*

4 • *With fleece sides together, lace each mitten using a cross-stitch pattern*

DARROW M. WATT

5 • *Sheepskin mittens offer cozy warmth. They can be washed by hand with a mild soap. After washing or getting wet from snow, let dry slowly at room temperature*

Sheepskin mittens . . . you cut and lace

Fleecy mittens and frosty days go together. These fluffy hand warmers are easy to make, but lacing them up is slow going, so allow a generous amount of time to put them together.

Materials. For each pair of mittens, you need 5 to 6 square feet of sheepskin, also called shearling; cost varies from $1.50 to $3.50 per square foot. You'll also need 10 yards of ⅛-inch calf lacing, about 27 cents per yard; a number "0" (1/16 inch) leather hole punch, about $3; and a hook-and-eye leather lacing needle, about 50 cents. To locate a shop that carries these supplies, look under Leather in the yellow pages. Also have sharp scissors on hand.

Making the patterns. Draw the outline of your hand on a piece of paper (step 1), leaving a ¾-inch margin between your fingers and the outline, and a 1-inch margin at the wrist. Extend the outline 2 inches beyond your wrist. Then place this drawing over another piece of paper and cut the two pieces along the outline.

Tape and test the pattern (step 2). The fit should be loose all around to allow for the thickness of the sheepskin and the flexing of your hand. (You may have to widen the wrist opening to get your hand through.) Trace your final pattern on one piece of cardboard, adding 2 more inches at the wrist for the cuff.

Cutting two mittens. Trace the pattern onto the suede side of the sheepskin with chalk or a soft pencil. You'll need four pieces: two with the thumb on the left side, two with the thumb on the right. Be sure you don't trace all four pieces with the thumb on the same side.

Cut out the pieces with sharp scissors. Then, on the pattern, make small lace hole marks ¼ inch apart and ¼ inch in from the cut edge. Punch holes in th pattern with the leather punch, and usin the pattern as a stencil, mark the hol on all four pieces of sheepskin (step 3 Punch holes in the leather and tri fleece at the edges.

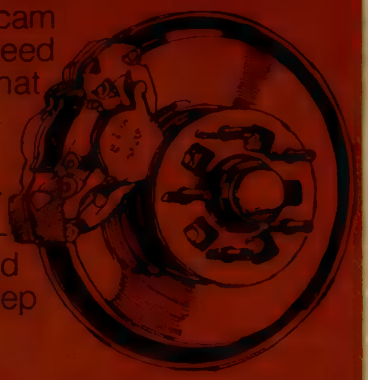
Lacing. Cut the lacing into two 5-ya lengths and thread the leather need with one of them. Holding two mitt pieces with fleece sides together, sta lacing at the wrist, leaving 3 inches lacing at the end. Lace around the sear leaving every other hole open on ea side (see sketch above).

When you have laced the entire mitte go back around in the opposite dire tion. This time, lace through the op holes, forming a cross-stitch as in th diagram. Tie the ends of the lacing t gether in a square knot, trim, and fo up the cuff. Follow the same procedu for the other mitten.

YOUTILITY

Match your truck needs with this 1978 Toyota SR-5 Long Bed Sport Truck. Heavy hauling. Light loads. Business trucking. Personal recreation. You name it. For economy, comfort, reliability and good looks, make the Toyota SR-5 Long Bed your universal utility vehicle.

Power—You asked for it. You've got the biggest standard displacement engine in the class. A rugged 2.2 liter overhead cam design, with loads of torque, too. It's bolted to a husky 5-speed overdrive gearbox. They make a powerful combination that makes haulin' easy.



Handling—You asked for it. Wide radial-ply tires put more power down with bigger "footprints." Power assisted front disc brakes help make stopping easier—even fully loaded. A "car-like" independent front suspension and front anti-sway bar aid stability and help smooth out bumps and potholes to keep your load more secure.

Toughness—You asked for it. Toyota is synonymous with tough. The welded steel cab construction is virtually rattle-proof. The 7-foot bed has galvanized steel side panels and rust-inhibiting primers to fight rust. It'll heft an 1100 lb. payload. Yep, this is one good looking, good driving truck. There are 5 other members of the Toyota truck family and they're so terrific we can say, "If you can find a better built truck than a Toyota...buy it."

©Toyota Motor Sales, U.S.A., Inc., 1978

NORMAN A. PLATE

Toy shelves are just boxes hanging from 2 by 4's

Suspended *shelves hold toys, books, records; there's ample space beneath to vacuum*

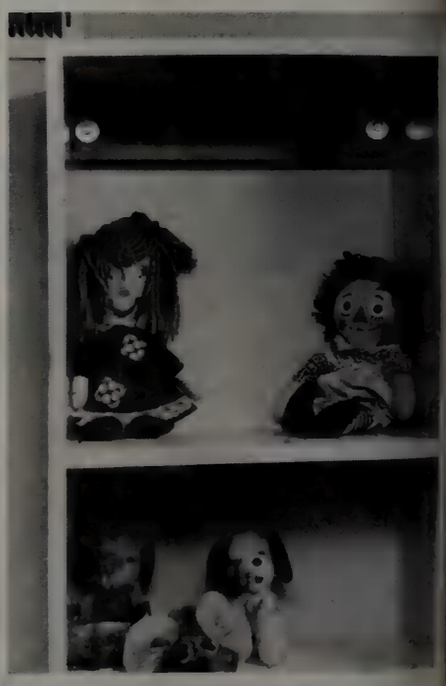
Four-year-old Keri Licht has collected lot of toys in her time. To make a pla for them, her father built these thr open-shelf units for about $35, using feet of 1 by 12-inch pine.

Construction was simple—butt joi with glue and finishing nails were us throughout. First Mr. Licht built thr boxlike units, 25, 19, and 37 inch wide and 47 to 72 inches high.

To hang them, he located the studs the wall by removing the baseboa Then he leveled and attached a p drilled length of redwood 2 by 4 to t wall where each unit would hang. T 2 by 4's were cut to the inside width each shelf unit; they were anchored the studs with ¼ by 3-inch lag screws

The shelves were hung around these by 4's; a single 1½-inch woodscr through the top secures them in pla A second length of 2 by 4 was then l screwed to the wall just above the lo est shelf of each unit to prevent a lateral motion. (A woodscrew throu the bottom shelf into the 2 by 4 wo provide additional rigidity.)

Finishing was fast. After a light sandi the boards were painted with a prin followed by a coat of red, yellow, blue enamel.



Lag bolts *screwed into studs secure 2 by 4 redwood supports to wall*

Building or Remodeling?

Pella's free folding door booklet is full of ideas

See the many ways Pella Wood Folding Doors can make the most of the space you have and save money too. You can add a closet, divide a room or close off an area without changing your floor plan and without the expense of building stub walls and dropped headers needed for ordinary doors. So you save on building materials and labor. Pella doors are available in contemporary and traditional designs, in genuine wood veneers and wood grain vinyl. **To get your free color brochure, contact the nearest Pella Distributor listed below.**

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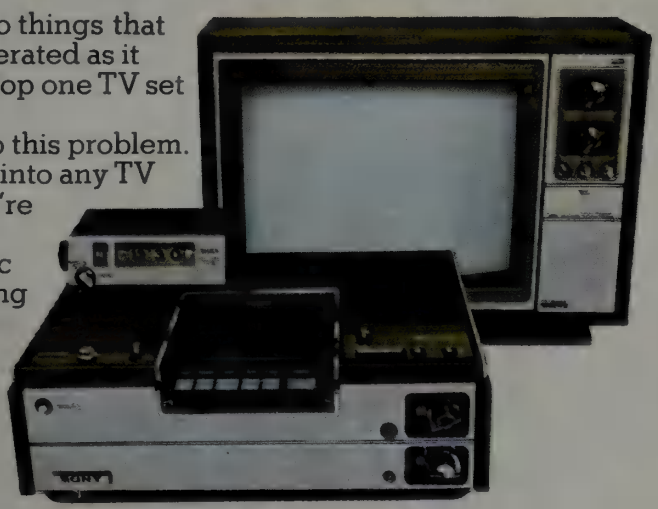

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MARTHA WOODWAR

Bikes can ride upright *on this carrier—you remove front wheels but not bike bags or water bottles*

You-make-it rack . . . up to five bikes

A homemade gizmo mounted to a star dard cartop rack gave Frank and Adr enne Fowler of Torrance, California, a efficient new bicycle carrier.

They started with two steel racks th attach to roof gutters (about $15 a pa at department stores and auto suppl outlets). Then they screwed halves 4-inch hinges onto the racks and spo welded them (instead of screws, yo could use bolts with lock washers).

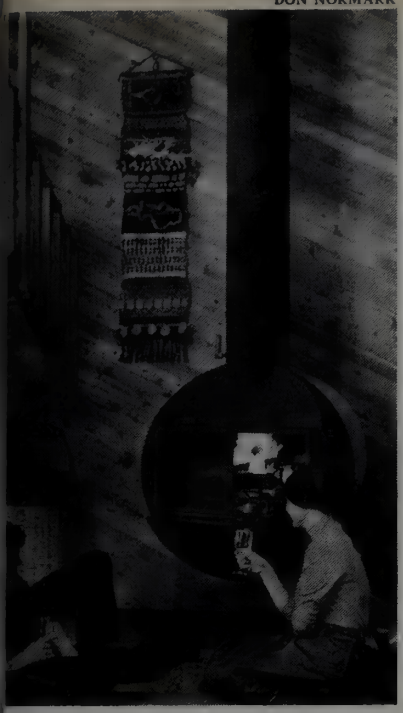
In place of the pin, a 6-inch length threaded rod was placed through eac hinge half. With wheel removed, th front fork of the bicycle fits snugly ov the rod at the edges of the hinge. Tigh ening a nut and washer on each si holds the fork securely.

With the hinges attached to the rac at 1-foot intervals—three on the fro rack, two on the rear—the Fowlers ca carry as many as five bikes on their mi sized car, facing in alternate direction Big eyebolts used to fasten the racks the roof gutter double as anchor poin for bungee cords and lock cables, whic are strung through the bikes' bac wheels for security and to keep them position.

Tightening a nut *on each side of fork holds bike securely to half hinge*

SUNS

DON NORMARK



imple lines *of suspended fireplace nhance bold diagonal wall paneling*

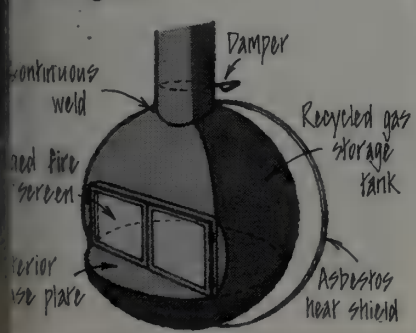
Hanging fire is a great radiator

n even a small wood fire, this hang- fireplace and stack radiate almost he heat this small house needs.

fireplace is made from a spherical ne-gas storage tank. It was cut and stack welded to it, along with the ior base plate and hinged fire screen, welding shop. (If you do this your- be sure to first fill the tank with r to exhaust any gas fumes; other- it may explode when you make first cut with a cutting torch. Be ared for a very noxious smell before build your first fire; after that, no lingers.)

kestack and fireplace are finished heat-resistant flat black paint. An inum-backed asbestos circle, set out nch from the wall, shields the wall n the heat. The through-the-roof fit- is a double-walled tube with a flange e top that bolts to the roof.

nitect James C. Oliver designed the for Peter and Anne Jensch, Forest ve, Oregon. □



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REVERDY JOHNSON

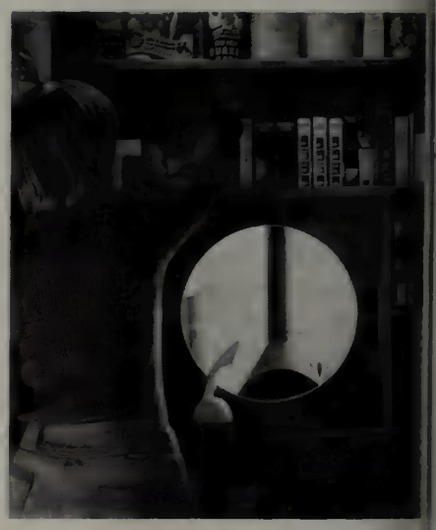
Shadow-box divider *in a corner of the living room screens the kitchen and provides generous food storage*

Bold divider is really a practical pantry

What looks like a sculptured piece of furniture from the living room turns out to be an ingeniously practical pantry. When its kitchen-facing doors are opened, a profusion of space for food storage is revealed—so much that owners Reverdy and Marta Johnson have dubbed it their "plethora."

Architect William Turnbull of San Francisco is responsible for the design. The owners came to him after a dishwasher installation took away needed shelf and counter space in their corner-of-the-room kitchen.

Made of vertical-grain Douglas fir lumber, the plethora stands between two massive wood pillars. It's 7 feet 2 inches tall, 3 feet 8 inches wide, and 1 foot 10 inches deep. Two large piano-hinged doors hold 5-inch-deep shelves; wider items are stored in the 15-inch-deep center section. The geometric "shadow box" and circular cutout let the cook keep an eye on living room happenings and also provide a little extra ventilation. □



Doors open: *Boxes, cans, and bottles pack the compact, multishelved unit*

Doors closed: *Kitchen-facing recess holds telephone, frames view*

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DON NORMARK

ular set *of stairs connects main and upper deck, reducing traffic through the house*

Another way to go: a spiral

escape, easy deck access, a bypass is outdoor circular stairway serves ral functions.

center support post is set in con- and bolted to the upper-level deck es. The first-floor landing leads soiled children directly into their er room; or they can climb the l to a large lounging deck and ad- ng family room. An indoor staircase s as the wide, primary upstairs ac- required by code.

gners of this spiral stairway were ore/Titus/Architects of Santa Cruz, fornia. □

r corner *of the deck is curved ound final spiral of stair rail*

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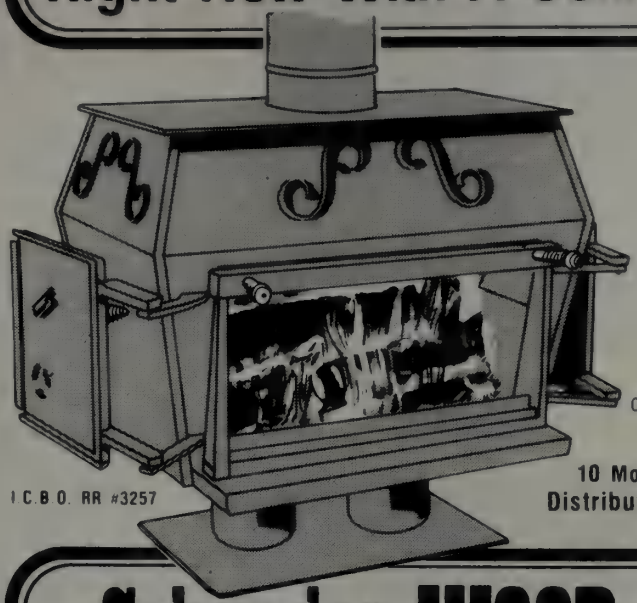

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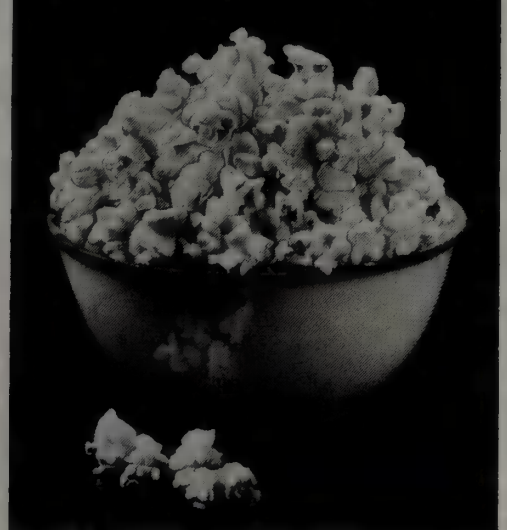

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DARROW M. WATT

Rough-textured cork *covers one wall of room, providing spacious bulletin board for posters, calendar, artwork, photographs*

DAVID FENWICK

Hardboard *protects old plaster wall; acoustical adhesive holds cork strips in place*

One whole wall is now her cork bulletin board

This teen-ager's room will probably be put to a new use when she leaves home, but now she has an entire cork-covered wall for displaying at least some of her memorabilia.

Assuming they would want to dismantle the bulletin board in about five years, the owners decided to save the original 1936 plaster wall. (The semirough, hand-plaster work would be hard to duplicate today.) To do this, they covered the 7 by 12-foot wall with three trimmed 4 by 8-foot sheets of ¼-inch hardboard, with textured side facing out.

For easy eventual removal, the sheets were attached with ⅝-inch drywall screws. (These may be hard to find in small quantities; instead you could use Phillips flathead self-tapping screws.)

Fourteen 2 by 3-foot sheets of ¾-inch-thick dark brown cork, sometimes called burnt cork, were needed to cover the wall. Using a combination blade on a radial arm saw, the builder cut each sheet in half lengthwise to provide foot-wide courses.

Starting with the top row, he glued the cork sheets to the hardboard with acoustical adhesive applied with a small trowel. To prevent a lineup of vertical joints, he began and ended every second course with a 1½-foot-long piece. Small gaps or holes were filled in with cork pieces.

Cost of the project was about $80, including cork, hardboard, adhesive, trowel, and screws.

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The Changing Western Home

New heating concept: Keep the air moving

When your forced-air heating system cycles on, a blower moves warm air throughout the house. But when it cycles off, the blower stops and within a few minutes hot air begins to rise while cooler air settles to the floor.

To keep warm air where it's most useful is the aim of a relatively new concept in forced-air heating called continuous air circulation (CAC). This system requires a low-energy-consuming fan to operate continuously at low speed whether the furnace is off or on. The idea is to create a more even atmosphere by eliminating uncomfortable hot and cold spots and the drafts they create—and thus save fuel.

Some new furnaces can be set up with CAC blowers, and in many cases existing older systems can be altered by a simple mechanical or electrical adjustment. A heating contractor can tell you if this would help to heat your home more efficiently, and if your present system can be altered to blow continuously. It may be worth experimenting with for a few months.

CRAIG AURNESS

Storm windows: thermal barriers that can save energy all year round

JERRY FREDRICK

If you're thinking of installing storm windows this season, keep in mind that the type of material and its thickness have little to do with a storm window's effectiveness. The real insulator is the still air trapped between the membranes. A gap of at least ¾ inch but not more than 4 inches is most efficient —any closer and the two membranes radiate heat across the gap, any wider and convection currents can form, reducing the insulative quality.

Traditionally, storm windows are glass, but other materials are also being used. At the lumberyard you can buy sheets of inexpensive polyethylene and tape them to your windows. The disadvantages: The sheets aren't totally transparent and the sun's ultraviolet rays will deteriorate them in a few months.

Several plastic storm window kits are now being sold in home improvement stores. They use flexible vinyl or polyester sheets stretched over a frame.

Another possibility: rigid acrylic or polystyrene plastic panels. The man shown above is installing homemade redwood and acrylic storm windows over some clerestory windows. (If you use rigid plastic, be sure it's not blocking an emergency fire exit.)

If your interior windows do not fit tightly, you may experience some condensation on the storm windows. Weatherstripping around the inside window and drilling a few small weep holes in the bottom of the storm window frame should help.

Your own lock box keeps house keys safe

Hiding door keys outdoors can trouble: If you can find them, so stranger. Shown at right is a loc (similar to those used by real agents) that can end the frustrat being locked out and eliminate th of hiding keys. The box is firm tached to the door jamb (or mo out of view) with four interior scr

This $10 steel box is sold with ei combination dial or keyed face combination can be quickly ch by resetting the tumblers. For m formation, write to Supra Pr Inc., Box 3167, Salem, Ore. 973

A network of grooves makes mock parquet

king with the hardwood-strip floor already had, interior decorator lle Beigel of Los Angeles was able et the look of parquet without the nse. In the middle of her 12 by 14- dining room, woodworker Ron grooved and stained the lattice gn shown here.

r thoroughly sanding the floor to ove the previous finish, he laid out pattern in pencil and went to work ing the grooves. He used a circular fitted with a special V-shaped e, but a router with a V-shaped bit ld work too. A long board tacked e floor served as a guide to keep and cuts straight.

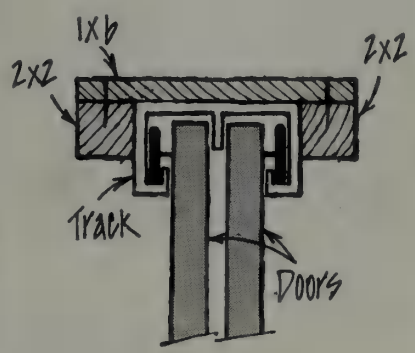
t, the unstained squares were ed with a medium-gloss finish. e these areas were dry, Shea ed and finished the bands and the er of the floor. Care had to be n so that finish from the squares 't lap onto the bands—otherwise, stain wouldn't soak into the bands.

DAVID STUBBS

Three boards make simple shelf over bathtub door

Most house plants thrive in the moist atmosphere of a bathroom. If your bathtub has a sliding door enclosure, then you can cap the doors with three boards to make a handsome shelf that's just right for a few plants.

Linda St. Marie of San Diego used two 5-foot lengths of redwood 2 by 2 and a 5-foot length of redwood 1 by 6 for the shelf shown here. Galvanized nails hold the oiled boards together; gravity keeps them in place.



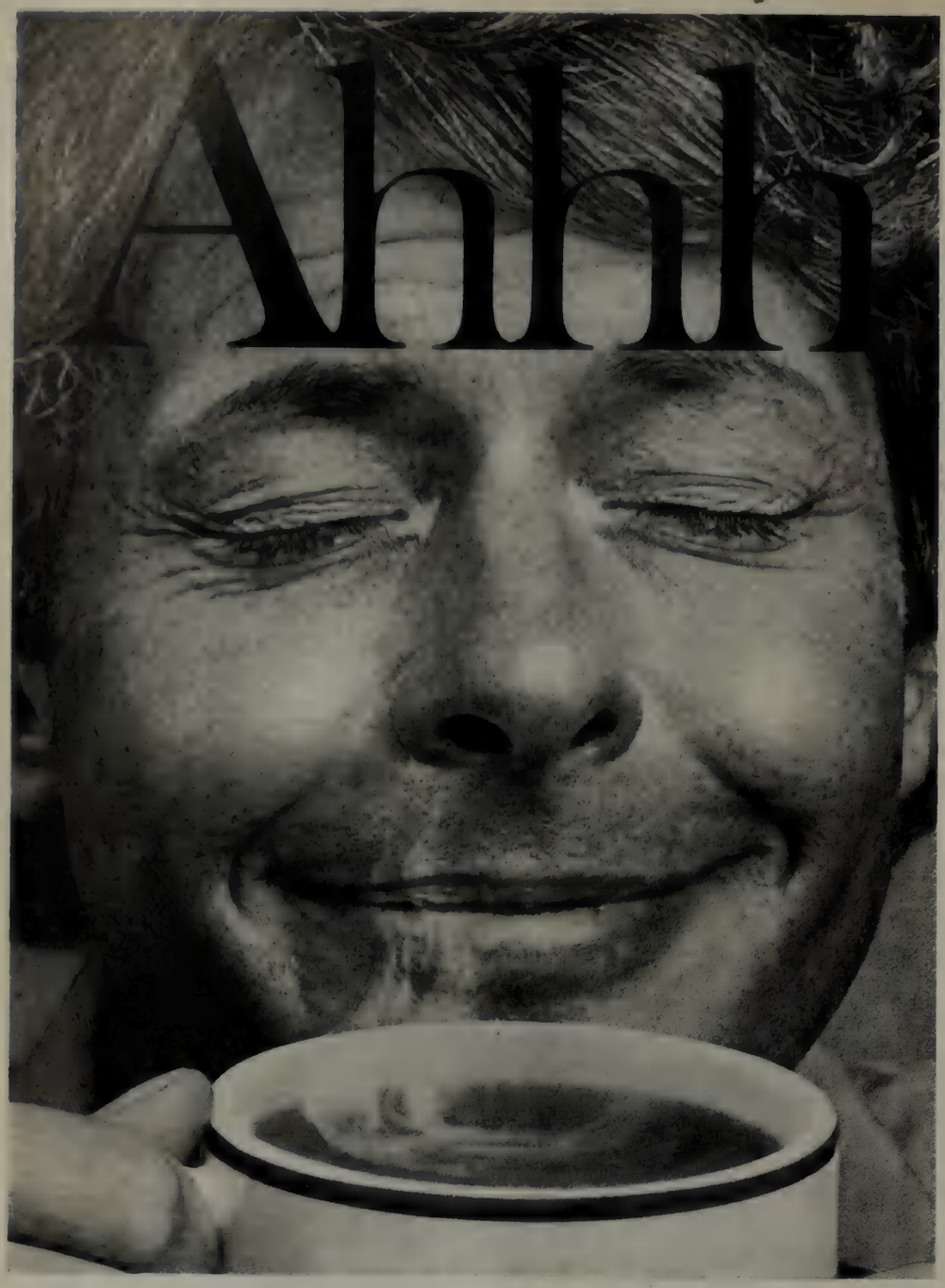
PAUL N. WRAY

Catalogued clutter: She can find what she needs in a hurry

Janet E. Wray of La Crescenta, California, organizes her garage treasures in cardboard boxes that rest on inexpensive 1-by-12 shelves supported by metal Z-brackets. She bought almost all the boxes from a storage company for 75 to 95 cents each.

Her secret for finding things quickly is to keep a set of file cards nearby. Each box is numbered; a corresponding card lists its contents. Red numbers are used to indicate unreplaceable and valuable items.

Besides being a boon for ordinary use, her system proved to be invaluable two years ago when the nearby foothills were burning out of control and she had to evacuate her house quickly.



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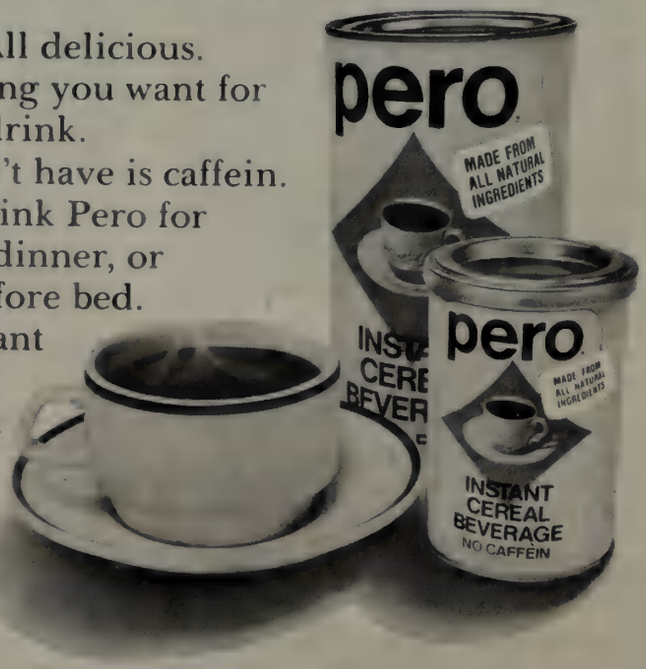


DAVID FENWICK

Pairs of wine corks *cushion skis and store them compactly*

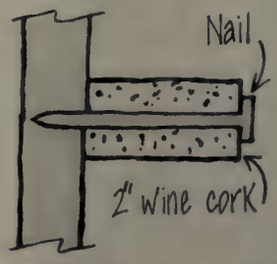
Hang your skis on bottle corks

Skis deserve secure, out-of-the-way stor age. This compact and simple rack migh be the answer.

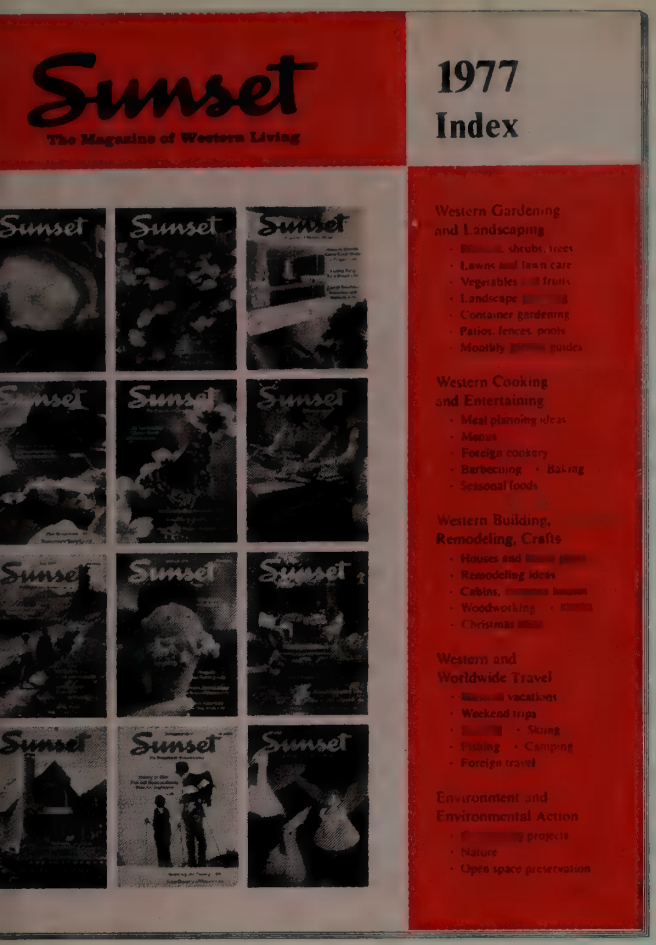
Carr Wilkerson of Burlingame, Califor nia, designed it. Each pair of skis hang on a pair of wine bottle corks attache with 2½-inch (8d) common nails to 1-by-6 board.

You could duplicate the rack in an hou or less on a storage shed, garage, or eve a closet wall.

Holding the corks in a vise, drill a cen tered 3/16-inch hole through each. (Th nails fit loosely in these large holes, le ting the corks rotate as the skis slip in Mark a nailing pattern on the 1 by leaving 1¼ inches between adjace corks and about 4½ inches betwee each pair. Stagger heights so that s bindings will not catch each other. Na corks to the board, then screw the boa into wall studs at a height to accomm date your longest skis.



Predrilled *cork is nailed to a 1-by-6 board; use two corks, two nails per pair of skis*



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Sunset's Kitchen Cabinet®

After the holidays, it's time to return to more mundane meals and perhaps a new look. For a warming winter supper, you might serve a hearty vegetable beef soup subtly spiced with cloves, thyme, and bay. Tuna sandwiches are especially delicio when laced with cheese and serv hot. And for a company dinner, t our dressed-up spinach salad tha generously topped with citrus. Oth new recipes to try this month inclu

Simmer meaty beef shortribs with winter vegetables for this whole-meal soup

Vegetable Soup with Shortribs

Use bouillon cubes and water or homemade or canned broth to make this soup.

- 3 pounds lean beef shortribs
- 3 quarts regular-strength beef broth
- 6 *each* whole cloves and whole black pepper
- 3 bay leaves
- 2 teaspoons thyme leaves
- 3 medium-sized turnips, diced
- 1 large onion, coarsely chopped
- 2 cups shredded cabbage
- 3 large leeks, thinly sliced
- 2 large carrots, sliced
- 1 can (14 oz.) pear-shaped tomatoes
- Garlic salt

Trim off excess fat from ribs. Place in a shallow baking pan and bake, uncovered, in a 450° oven until w browned, about 20 minutes. In an quart kettle, combine ribs and dri pings, broth, cloves, pepper, bay, a thyme; cover and simmer for 1 ho 30 minutes. Add turnips, onion, ca bage, leeks, carrots, and tomato (break up with a spoon) and th liquid; cover and simmer until me is tender when pierced, about minutes longer.

Lift out meat and discard bones a fat; dice meat and return it to sou Skim fat. Remove and discard wh spices, if desired. Add garlic salt taste. Serves 6.—*L. G., Los Angele*

Serve the cheesy onion-flavored batter breads warm from the oven or reheated

Cheesy Casserole Breads

Bake these individual breads in 1-cup custard or soufflé dishes.

- 1 package active dry yeast
- ¼ cup warm water (about 110°)
- ¾ cup milk
- 1 tablespoon *each* butter or margarine and instant minced onion
- 2 tablespoons sugar
- 1 teaspoon salt
- 1 egg
- 1⅛ to 1¼ cups all-purpose flour, unsifted
- 1⅛ to 1¼ cups whole wheat flour
- 1½ cups shredded Cheddar cheese
- ⅓ cup grated Parmesan cheese

In a bowl, sprinkle yeast over water. Heat milk, butter, onion, and sugar to 110°. Blend into yeast mixtu along with salt and egg. Gradua beat in flours until a stiff sticky dou forms. Stir in 1 cup of the Chedd cheese and all the Parmesan chee Cover and let rise in a warm pla until almost doubled, about 1 hour.

Stir dough down and divide equa among 6 greased, 1-cup baking dish Cover and let rise in a warm pla until almost doubled, 20 to 30 m utes. Sprinkle with remaining Che dar cheese. Bake in a 350° oven un richly browned, about 30 minut Remove from dishes and cool. Mak 6 servings.—*M. W., Goleta, Calif.*

Crusty brown drop biscuits ring the top of this savory sour cream lamb stew

Caraway Lamb Stew with Biscuits

To make ahead, simmer meat until tender; reheat with sour cream; bake.

- About 2 tablespoons salad oil
- 2½ pounds lean boneless lamb shoulder or stew meat, cut in 1-inch cubes
- 1 large onion, chopped
- 1 teaspoon caraway seed
- 1½ cups regular-strength chicken broth
- 1½ cups *each* sliced carrots and celery
- ⅓ cup chopped parsley
- ¾ cup sour cream
- 2½ teaspoons cornstarch
- Salt and pepper
- Biscuits (recipe follows)

In a 12-inch frying pan, heat oil over medium-high heat. Add meat and cook, stirring, until browned. A onion, caraway seed, and broth; co and simmer 30 minutes. Add carro celery, and parsley. Cover and simm until meat is tender, 30 or 45 minu longer. Blend sour cream with co starch; stir into stew and cook ur hot. Add salt and pepper to taste.

Turn stew into a 2-quart cassero Drop rounded tablespoonfuls of b cuit dough around edge of hot ste Bake in a 425° oven until biscuits golden brown, about 20 minut Serves 4 to 6.—*L. F., Portland.*

Biscuits. Mix 1 cup buttermilk baki mix with 6 tablespoons milk.

ividual casserole breads, caraway ıb stew, and bran bars.

share your family's favorite rec-s, send them to *Sunset Magazine,* nlo Park, Calif. 94025. We pay ; for each recipe published.

Rib soup. Lamb stew. Hot tuna sandwiches. Mundane? Yes. Delicious? Absolutely

›t Tuna Sandwiches

nug of soup with these tuna sand-hes makes for a quick hot lunch.

- ⅓ cup mayonnaise
- 3 tablespoons prepared hamburger relish or sweet pickle relish
- 1 tablespoon Dijon mustard
- ¼ teaspoon seasoned or garlic salt
- ⅛ teaspoon pepper
- 1 can (6½ oz.) chunk-style tuna, drained
- 1 cup shredded Cheddar cheese
- ¼ cup *each* coarsely chopped green pepper and celery
- ¼ cup thinly sliced green onion
- 3 tablespoons chopped pimiento-stuffed green olives
- 6 to 8 onion or Kaiser-style rolls

a bowl, stir together the mayon-se, hamburger relish, mustard, salt, and pepper. Stir in the tuna, cheese, green pepper, celery, green onion, and olives until well mixed.

Split rolls in half. Spread equal amounts of tuna mixture on bottom half of each roll. Cover with top halves of rolls. Wrap each sandwich in a piece of foil (about 12 inches square). Chill if made ahead.

To heat, place wrapped rolls on a baking sheet and bake in a 325° oven until cheese melts and sandwiches are heated through, about 20 minutes at room temperature, 30 to 35 minutes if chilled. Makes 6 to 8 sandwiches. —*G. F., Lake Oswego, Ore.*

Make these tuna sandwiches ahead, wrap in foil, then heat when ready to eat

rus Spinach Salad

u can vary the amount of orange d in this salad to suit your taste.

- 1 large bunch (about 1 lb.) spinach
- 1 can (8 oz.) water chestnuts, drained and thinly sliced
- 2 or 3 large oranges
- 2 large grapefruit
- ¼ pound mushrooms, thinly sliced
- 6 slices bacon, crisply cooked and crumbled
- Soy salad dressing (recipe follows)

sh spinach leaves, dry, and tear › bite-sized pieces. Place in a large ıd bowl. Sprinkle water chestnut es over spinach; cover and chill lone ahead.

t away peel and membrane from oranges and grapefruit. Cut between sections and lift out fruit. Cover and chill until ready to serve.

To serve, drain fruit segments and distribute over spinach (reserve juice for another use). Sprinkle mushrooms and bacon over fruit. Toss dressing with salad. Makes 6 to 8 servings.—*I. R., Sacramento.*

Soy dressing. Stir together ⅓ cup salad oil, 3 tablespoons white wine vinegar, 1 tablespoon soy sauce, 2 teaspoons sugar, ½ teaspoon salt, and ⅛ to ¼ teaspoon liquid hot pepper seasoning. Cover and chill if made ahead.

Orange and grapefruit segments add a fresh liveliness to this spinach salad

ewy Bran Bars

t cook peanut butter and honey ether, then stir in bran, nuts, and it for these candylike cookies.

- 2 tablespoons butter or margarine
- ¼ cup smooth or chunk-style peanut butter
- ¼ cup firmly packed brown sugar
- ½ cup honey
- 1½ cups chopped nuts
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla
- ⅛ teaspoon salt
- ½ cup raisins, chopped pitted prunes, or dates
- 2 cups whole bran cereal

ı heavy 3-quart or larger pan, com-e butter, peanut butter, brown ar, and honey. Cook over low heat, stirring constantly, just until mixture begins to boil. Remove from heat. Add chopped nuts, cinnamon, vanilla, and salt; stir until blended. Stir in raisins and bran cereal, and mix until well coated.

Turn bran mixture into a well-buttered 8 or 9-inch square pan. With a buttered spatula, firmly press mixture into an even layer. Let cool until mixture begins to firm up, about 5 minutes; cut into bars, and let cool thoroughly.

Store airtight at room temperature. Makes 12 to 16 pieces.—*J. C., Soquel, Calif.* □

The chewy texture and peanut flavor of these bran treats appeal to children

Hot pot supper from Vietnam

Into your rice paper packet goes lettuce, beef, crisp vegetables

At first glance this meal looks like a Chinese hot pot, but after one taste you'll find it distinctly Vietnamese. Although their cuisine closely resembles that of the Chinese, and the cooking techniques are very similar, the tropical ingredients found in Southeast Asian countries lend a somewhat lighter and more delicate flavor to most Vietnamese dishes.

You can prepare ingredients for this supper for four completely ahead. When ready to serve, arrange on platters on the table and provide a bowl of sauce at each plate. Also set out a mister or spray bottle of water so guests can dampen each piece of dry rice paper before using. Bring the lemony broth to boiling, then place over a table burner hot enough to keep it boiling and within easy reach of all.

While the meat cooks, each guest mists a piece of the rice paper with water. When the paper becomes pliable, line it with a lettuce leaf and cooked noodles and top it off with the cooked meat and bits of crisp vegetables. Then wrap the sides around to form a small packet to dip into the sauce. Finish the meal with a cup of the hot broth if you like, or reserve it for later use.

Cut large rounds *of translucent rice paper into thirds to use as wrappers. Misting with water makes them pliable*

Vietnamese Hot Pot Supper

Lemony Broth **Sliced Beef**
Rice Paper Wrappers **Lettuce Leaves**
Rice Noodles **Cucumber Slices**
Bean Sprouts
Fresh Coriander Sprigs
Dipping Sauce
Lichees and Oranges
Coconut, Nut, or Butter Cookies
Wine, Fruit Juice, or Tea

Oriental ingredients

If you live near an Oriental market that sells many Southeast Asian foods, you may be able to purchase all the authentic ingredients called for in the recipes below; if not, use the readily available alternatives we suggest.

The dry, brittle, translucent pieces of edible rice paper become limp and pliable when dampened; they are often used in Vietnamese dishes, especially as wrappers. If the paper is not available, you can omit it and use a lettuce leaf for each wrapper.

To give the broth its lemony fragrance, look for aromatic dried lemon grass, available in stalks or sliced or, at natural-food stores, in the form of tea. You can also substitute strips of fresh lemon peel for the lemon grass.

Fish soy (also called fish sauce or gravy; *nuoc mam* is the Vietnamese name) is used in the Vietnamese cuisine almost as frequently as salt is in ours. Although the Vietnamese brands are difficult to obtain, Chinese, Thai, and Filipino versions of this salty amber-colored liquid are available. Or use soy sauce; it will produce a darker, less subtle sauce, but the results will be pleasing.

Rice noodles (also called rice sticks, *mai fun* or *py mei fun*) are thin, white, opaque noodles. Use vermicelli as an alternative.

Vietnamese Hot Pot Supper

Dipping sauce. Stir together ¾ cup fish soy (or soy sauce), ½ cup cider vinegar, ⅔ cup sugar, 3 tablespoons water, ½ to 1 teaspoon crushed red pepper, and 1 cloves garlic (minced or pressed). Add ¾ cup finely shredded carrot; pour into 4 small bowls; cover and refrigerate i made ahead.

Noodles. Bring to boiling a large quan tity of salted water. Add 4 ounces thi rice noodles and cook just until tender about 3 to 4 minutes. (Or cook verm celli according to package directions Drain, rinse well with cold water, drai again. Cover and chill if made ahead.

Meat. Trim off excess fat from 1½ to pounds lean boneless beef steak, such a sirloin or top round. Thinly slice int strips about 4 inches long. Attractivel arrange on serving plate; cover and chi if done ahead.

Vegetables. Separate, wash, and dr leaves from 2 large heads of butter let tuce. Halve 1 large cucumber (peeled, i desired) lengthwise and cut each hal into thin slices. Rinse and drain ½ pound bean sprouts. Wash and dr about 2 to 3 dozen sprigs of fresh cori ander (also called cilantro or Chines parsley). Cover and chill these vege tables until serving time.

Lemony broth. Shortly before serving combine in a pan 1 quart water, ½ cu cider vinegar, ⅓ cup sugar, 1 table spoon sliced or crushed lemon grass (i crushed, wrap in cheesecloth or put in teaball) or 1 dry stalk lemon grass (o use 4 strips of lemon peel, each about inches long), 3 thin slices fresh ginge (from about a 1 by 3-inch piece), and chicken bouillon cubes. Simmer, cov ered, about 10 minutes. Pour hot liqui into a pan, fondue pot, or chafing dis and place over heat source at the table.

Wrappers. With scissors, cut each of 1 large dry rice paper rounds (about 1 inches wide) into thirds. Serve dry ric paper wedges with a water mister o spray bottle alongside; or use lettuc leaves alone as wrappers.

Lichee-Orange Dessert

Combine 2 cans (about 1 lb. *each* chilled lichees, including syrup (or us pineapple chunks), and 1 can (11 oz chilled mandarin oranges; keep col until serving. Makes 4 servings.

DARROW M. WATT

She cooks thin beef strips *in a pot of lemony broth, then fills her rice-paper wrapper with lettuce, cooked rice noodles, and the meat. Bean sprouts, fresh coriander sprigs, and cucumber slices top off the filling*

Rice-paper-wrapped packet *gets dipped into soy-based sweet-tart sauce enlivened with red pepper and shredded carrot*

End the meal *with a simple dessert of chilled lichees mixed with mandarin oranges. Serve with cookies*

The Czechs tossed noblemen from high castle windows. Unresponsive chefs shared the same fate

Chefs of the West® **The Art of Cooking . . . by men . . . for men**

"**Defenestration** is the manner in which Czechs traditionally induced responsiveness in their civic affairs. It is the practice of tossing noblemen from high castle windows. Nonresponsive chefs probably shared the same fate."

A. C. Roselle presents this definition to introduce a fine goulash, originally Bohemian or Moravian, more recently from Johnson County, Iowa, and Portola Valley, California. He calls it Goulash à la Fenestra (we do not know where the Italian crept in), but the only thing that goes out the window is the odor of stewed meat and sauerkraut.

Goulash à la Fenestra

- 3 tablespoons salad oil or lard
- 1 pound lean boneless beef, cut in ½-inch cubes
- 1 pound lean boneless pork, cut in ½-inch cubes
- 1 large onion, finely chopped
- 1 clove garlic, minced or pressed
- ½ teaspoon caraway seed
- ¾ teaspoon paprika
- 1 can (about 14 oz.) regular-strength beef broth
- 1 can (8 oz.) sauerkraut, drained
- About 1 teaspoon salt
- Drop dumplings (recipe follows)

Heat the oil in a 5-quart kettle over medium heat; add part of the beef and pork at a time and brown well on all sides. Lift out meats; add the onion and cook until translucent. Return meats to pan and stir in garlic, caraway, paprika and broth. Cover and simmer 1 hour.

Add sauerkraut and salt to taste, cover and simmer 10 minutes. Drop 6 to 8 large spoonfuls dumpling batter onto simmering goulash, cover, and cook 20 minutes or until dumplings are cooked through when slashed. Serves 6 to 8.

Drop dumplings. Beat 1 egg with ⅔ cup milk, 1⅔ cups all-purpose flour, 3 teaspoons baking powder, and ½ teaspoon salt until flour is well moistened.

A. C. Roselle
Portola Valley, Calif.

Let us be frank: You may or may not like Drunken Chicken. Those who do will want thirds. Those who do not will, we hope, politely finish. While all our tasters grew very excited, there were two opposing reasons for their emotion.

Drunken Chicken

- 4 whole chicken breasts, split
- Salt, pepper, and all-purpose flour
- About 2 tablespoons *each* salad oil and butter or margarine
- 1 onion, finely chopped
- 2 tablespoons chopped parsley
- 1 can (16 oz.) tomatoes
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 1 cup dry sherry
- ½ cup golden raisins
- ¼ cup packed brown sugar
- ½ cup blanched almonds, slivered

Remove and discard bone and skin from chicken. Season chicken with salt and

per; dredge in flour. In a wide frying , heat 2 tablespoons *each* of the oil the butter over medium heat; add cken pieces a few at a time and cook il lightly browned on both sides. nsfer to a shallow 3-quart casserole. d onion and more oil and butter, if ded, to the pan; cook until onion is nslucent. Add parsley, tomatoes eak up with a spoon) and their liquid, namon, cloves, sherry, raisins, and ar; simmer, uncovered, 15 to 20 min- s, stirring occasionally. Pour over cken and sprinkle with almonds; e, uncovered, in a 375° oven for ut 30 minutes or until meat is que when slashed. Makes 8 servings.

Los Angeles

French dislike waste, but not to the nt of eating stale bread as is. Instead y have developed a dish called *pain du* or lost bread, also known as nch toast. The dish is not normally sidered *haute cuisine,* but with *Chef* s Greenberg's embellishments it may its way back to France on the cor- bleu level.

Greenberg calls this tidbit Hawaiian nch toast. To say how very delicious , we don't know whether to exclaim *o nui!"* or *"Extraordinaire!"*

waiian French Toast

4 eggs
1 teaspoon vanilla
1 tablespoon *each* maple-flavored syrup, sour cream, and granulated sugar
1 small can (8 oz.) crushed pineapple, drained
¼ cup milk
8 slices day-old bread, crusts trimmed if desired
About 6 tablespoons butter or margarine
Powdered sugar and shredded coconut

e eggs, vanilla, syrup, sour cream, nulated sugar, pineapple, and milk blender container and whirl until oth. Cut bread slices diagonally in and arrange in a shallow dish. Pour the egg mixture and allow to soak, ing if necessary, until saturated.

t about 2 tablespoons of the butter frying pan over medium heat; add w pieces of the soaked bread, and k until browned on the bottom; turn brown other side. Arrange on a m platter and keep warm. Repeat, ng more butter as needed, until all d is cooked. Dust with powdered r and sprinkle with coconut. Makes ut 4 servings.

Bakersfield, Calif.

On cultivating the vineyard for better wines.

Cultivating—which is simply the turning or loosening of the soil by mechanical means in order to control weeds and aerate the soil—might seem to some to be the most prosaic of all vineyard operations.

Yet, the truth is, we find its contribution to the production of fine wines far more complex than one might expect.

Weeds, to be sure, are undesirable. They compete with our vines for valuable nourishment and moisture in the soil.

But that is only one reason we take great care to manage an efficient and extensive cultivation program.

Frost Protection

Our experience shows that a moist, clean vineyard—one without weeds—also offers our vines measurable protection against morning frost during March, April, and early May.

Normally, during the day, the soil is warmed by the sun's rays. Then in the early hours before the following dawn, the heat that has been absorbed by the soil is released in the form of radiation, thus warming the vines above.

However, if there are weeds growing on the ground, they will shade the soil. Thus, its temperature will be cooler than if the sun were striking it directly.

Since the temperature difference between a clean vineyard and one with weeds can be as much as six degrees, and since in most instances a mere three or four degrees difference between the ground and the air is enough to protect our vines' tender young buds against frost damage, we do everything we can to keep our vineyards clean.

Our goal, of course, is to ensure that the tender buds ultimately develop into the best possible grapes for our wines.

Pest Protection

Cultivation in the early spring also helps us control insects and pests by destroying their breeding places, both above the soil and just beneath its surface.

In the Gallo vineyards, we might point out, we probably do more cultivating than normal simply because we prefer not to use herbicides when we can avoid them.

That same policy applies to the use of insecticides. We prefer natural controls.

For example, in one of our vineyards, instead of spraying to eliminate the destructive leaf hopper, we planted a number of wild blackberry bushes nearby to provide a refuge for several colonies of wasps.

The wasps then laid their eggs within the eggs of the leaf hoppers and thus prevented them from hatching.

In another case, rather than spray with an herbicide to control an obnoxious weed called puncture vines, we used weevils.

These natural enemies then burrowed into the germ of the puncture vine seeds and prevented them from sprouting.

By so protecting and nurturing our vines, we naturally improve the quality of the grapes that we grow.

Other Uses

We also rely on cultivation to enhance the effectiveness of our fertilization programs.

Fertilizers—except for nitrogen and boron—tend to become fixed in the surface soil. In order to be sure that these nutrients reach the roots of our vines, we disk them under the ground.

Then, too, during vineyard operations, soil often becomes compacted, a condition that could destroy the vine's fine root system.

To rectify this situation, we cultivate and loosen the soil, thus providing the roots some growing room. Proper cultivation makes stronger vines: and stronger vines make better grapes.

Why We Do It All

It is only by taking full advantage of all the opportunities available to us in the practice of cultivation—as in all the other facets of the art of viticulture—that we can hope to achieve our goal.

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Ernest & Julio Gallo
Modesto, California

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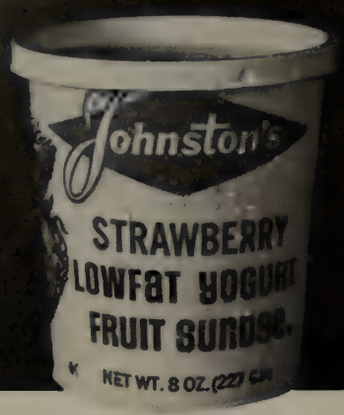

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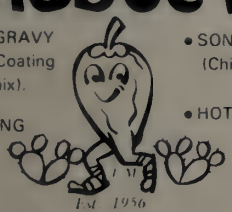

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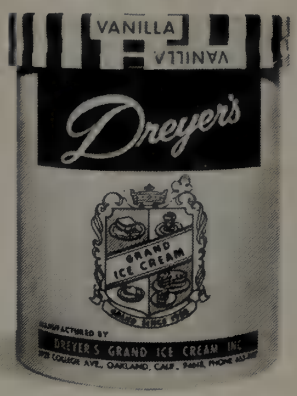

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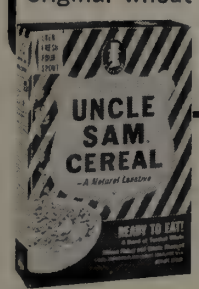

UNCLE SAM
The Regularity
CEREAL

Bar cookies . . . easy, cakelike

Recipes for good-tasting cookies that require a minimum of time, work, and dirty dishes are always sought after. These cakelike bar cookies fill this demand. They can be prepared quickly, bake in one pan, and are delicious treats with coffee or milk.

Bits of sweet chocolate contrast with tart grapefruit peel in our first cooky. The coffee squares bake in a jelly roll pan, then are spread with a glaze.

Chocolate Chip Grapefruit Bars

In a bowl beat together ½ cup butter or margarine and ¾ cup brown sugar (packed) until creamy. Stir in 1 egg, 1 teaspoon vanilla, and 1 tablespoon grated grapefruit peel. Stir together 1¼ cups regular all-purpose flour (unsifted), and ¼ teaspoon *each* salt and soda; gradually add to butter mixture; stir until blended. Stir in ½ cup *each* raisins and chopped walnuts and 1 package (6 oz.) semisweet chocolate bits. Spread mixture into a greased 8-inch square pan. Bake in a 350° oven for 30 minutes or until lightly browned. Cool. Cut into squares or bars. Makes about 16 pieces.—*J. V., Portland.*

Spicy Coffee Squares

- ½ cup butter or margarine
- 1 cup brown sugar, packed
- 1 egg
- 1 teaspoon vanilla
- 1⅔ cups regular all-purpose flour (unsifted)
- 1 teaspoon instant coffee powder or granules
- ½ teaspoon *each* baking powder and soda
- ½ teaspoon *each* ground cinnamon and nutmeg
- ½ cup hot water
- ½ cup raisins
- Glaze (recipe follows)

In a bowl beat together the butter and sugar until creamy. Beat in egg and vanilla. Stir together flour, coffee, baking powder, soda, cinnamon, and nutmeg; add flour mixture alternately with the water to the butter mixture; mix until blended. Stir in raisins. Spread into a greased and lightly floured 15½ by 10½-inch jelly roll pan. Bake in a 350° oven for 15 minutes or until a skewer inserted in the center comes out clean. Let cool about 5 minutes then spread with glaze. Cool. Cut into squares. Makes about 40.—*M. P., Portland.*

Glaze. Combine 1⅓ cups sifted powdered sugar, 4 teaspoons *each* honey and hot water, and ½ teaspoon vanilla; stir until smooth. Blend in ½ cup finely chopped pecans. □

Before the kickoff

O'Connell prepares the fresh vegetables, brings turkey stock to a boil

At halftime

Cooked turkey is cut into bite-sized pieces and set aside; vegetables continue simmering

Time-outs

He spends them stirring and tasting, and adjusting heat to keep stock bubbling

Game plan for Super Bowl soup ... before kickoff to the final gun

Few armchair quarterbacks also star after the game when the family gathers for supper. An accomplished exception is Roger O'Connell of Lakeside, California, who proudly presides over the homemade turkey soup he neatly assembles and simmers as the game progresses.

To avoid missing any gridiron action, he checks on the soup's progress during station breaks and commercials, adjusting the seasonings as needed. At the end of each quarter, vegetables and meat are added in sequence to the bubbling stock so all are evenly cooked.

When the final gun sounds, he pops cornbread or biscuits into the oven to bake, and quickly tosses a salad to round out his Super Bowl supper.

Super Bowl Turkey Soup

Mr. O'Connell begins: Turn on the television. During pregame activities, get out a 7 to 8-quart kettle or slow cooker and pour in 3 quarts turkey stock, or 3 quarts water plus 12 chicken bouillon cubes. Bring to a boil.

Just before kickoff, add 4 large carrots, cut in 2-inch lengths; cover and simmer 15 to 20 minutes.

At the end of the first quarter, add 3 medium-sized potatoes, peeled and cut in 1½-inch chunks; cover and continue to simmer 15 to 20 minutes longer.

During the half-time show, cut enough cooked turkey or chicken into bite-size pieces to make 4 cups. Rinse and pat dry ½ pound small mushrooms; set aside. Before second-half kickoff, add 2 medium-sized onions, cut in eighths, and stalks celery, cut in 1-inch pieces, to the soup. Cover and simmer 15 minutes.

At the end of the third quarter, add turkey, mushrooms, ⅓ cup broken egg noodles, ¼ cup long grain rice, ½ teaspoon dry rosemary, and salt and pepper to taste. Cover and simmer 20 more minutes or until rice is tender to bite.

Serve when final gun sounds. Should supper be delayed, reheat soup over medium heat until bubbly. Makes about quarts.—*R. O., Lakeside, Calif.*

After the final gun

His game plan perfectly executed, it's time to serve up hearty turkey soup for the family

MICHAEL SPECTOR

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pricot Glazed Ribs with Almond Raisin Rice

ombine raisins with UNCLE BEN'S® ONVERTED® Brand Rice and prepare cording to package directions. At end of cooking time, stir in slivered almonds. Serve with spareribs baked until tender and glazed with sieved apricot preserves.

Put a little heart in your hearth!

Dream away a winter's evening in cozy comfort—with just one Pine Mountain Log. Lights with one match and a little newspaper (forget kindling), lasts long lingering hours. Pick up the money-saving 3-pak and have a whole weekend of warmth and contentment.

PETER O. WHITELI

Minutes before mealtime, *pour savory sauce over halved chicken breasts and mushrooms, and cook briefly in an electric frying pan*

At-the-table showmanship with chicken breasts

For small dinner parties or family occasions when you'd like to serve something special but don't want to spend much time cooking, we recommend these chicken-breast entrées.

You can get the parts of either entrée ready in the morning, then bring them to the table to cook in a few minutes in an electric frying pan. Or, with ingredients ready ahead, you can prepare the dish quickly in your kitchen using a large frying pan, then present it on a platter along with hot cooked rice.

Each recipe calls for 3 whole chicken breasts, split and boned to make 6 pieces. For best economy, you might purchase 3 whole broiler-fryers (each about 3 lbs.). Bone out the breasts to use in one of the following recipes; grill or barbecue the legs and thighs; and save the bony pieces for soup stocks. But when you're short on time, it's convenient to buy the breasts alone; have them boned at the market or do it yourself at home.

Chicken Breasts in Mushroom Sauce

- 3 whole chicken breasts (about 2½ lbs.)
- 1 egg
- 2 tablespoons milk
- ⅓ cup all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon *each* paprika and pepper
- ½ pound mushrooms, halved
- ¼ cup minced shallots or white part of green onions
- ½ cup dry sherry or white wine
- 2 tablespoons lemon juice
- 1 cup regular-strength chicken broth
- 1 tablespoon cornstarch
- 4 tablespoons butter or margarine
- Chopped parsley
- Hot cooked rice or noodles

Split chicken breasts and remove bon and skin. In a bowl, beat egg lightly wit milk. Combine flour with salt, paprik and pepper. Dip each piece of chicke in egg mixture, drain briefly, then dredg in flour, shaking off excess. Arrang chicken on a rack and let stand abou 30 minutes, or loosely cover chicken o rack and refrigerate as long as 6 hours. Ahead of time you can also combin

In this day and age when most people are eating too much fat, it's nice to know that something you love has just about none.

And it's nice to know that nutritionists agree most people are not eating enough carbohydrates, basic fuel the human body needs for energy. Potatoes provide carbohydrates plus Vitamin C and other important vitamins and minerals, without being high in calories. Ounce for ounce, a potato has about as few calories as an apple.

So if you're worried about your weight, don't worry about potatoes. Because, besides being low in calories, they're almost 100% fat-free. To be specific, 99.99934% fat-free.

The Potato. Something good that's good for you.

99.9% fat-free

'77 The Potato Board

Nestlé Morsels put the YO, HO, HO in Rum Striped Pie.

Chocolate Rum Striped Pie

One 12-oz. pkg. (2 cups) Nestlé® Semi-Sweet Real Chocolate Morsels
1 cup milk
1/4 cup sugar
1 envelope (1 meas. tbsp.) unflavored gelatin
1/2 meas. tsp. salt
2 eggs, separated
1/4 cup rum
1/2 cup sugar
1 cup heavy cream
2 meas. tbsp. confectioners' sugar
One 9" baked pie shell

Combine over hot (not boiling) water, Nestlé Semi-Sweet Real Chocolate Morsels, milk, 1/4 cup sugar, gelatin, and salt; heat until gelatin is dissolved and mixture is smooth. Quickly beat in egg yolks and continue cooking for 2 minutes, stirring constantly. Remove from heat; stir in rum. Chill in refrigerator until completely cool and slightly thickened (about 1 hour). In small bowl, beat egg whites until frothy. Gradually beat in 1/2 cup sugar and continue beating until stiff, glossy peaks form. Fold into cooled chocolate mixture; set aside. In small bowl, combine heavy cream and confectioners' sugar; beat until stiff peaks form. Spread half of chocolate mixture into baked pie shell. Spread 1-1/4 cups of whipped cream over chocolate layer. Cover with remaining chocolate mixture. Decorate top with dollops of remaining whipped cream, or pipe through pastry tube. Chill in refrigerator until firm (about 1 hour).

Makes: one 9" pie.

Nestlé® Semi-Sweet Real Chocolate Morsels make a lot more than cookies.

Real Chocolate Nestlé

mushrooms and shallots, and stir together the sherry, lemon juice, broth, and cornstarch.

To cook at the table, heat an electric frying pan to 325°. Or, in the kitchen, heat a heavy 10 or 12-inch frying pan on medium-low heat. With either pan, add butter and heat until bubbly. Put in chicken and cook until golden brown, about 3 to 4 minutes on each side. Push chicken away from pan center and put in mushrooms and shallots. Cook, stirring, until wilted; it takes about 3 minutes. Add broth mixture and cook, stirring, until it boils and thickens.

Reduce heat to 250° or to low, cover pan, and cook until chicken is done about 3 minutes (juices should run clear when a piece of chicken is slashed in thickest part). Sprinkle with parsley and serve over rice or noodles. Makes 4 to 6 servings.

Chicken Breasts with Papaya

3 whole chicken breasts (about 2½ lbs.)
½ teaspoon *each* paprika and ground ginger
1 teaspoon seasoned salt
1 large or 2 small papayas
1½ tablespoons lime or lemon juice
½ cup *each* Major Grey's chutney and regular-strength chicken broth
1 teaspoon cornstarch
2 tablespoons *each* butter or margarine and salad oil
Hot cooked rice
½ cup sliced almonds, toasted

Split chicken breasts and remove bones and skin. Cut each half-breast across the grain into thirds. Mix paprika, ginger and seasoned salt; sprinkle over chicken. Peel and remove seeds from papaya, cut lengthwise into eighths, then cut each piece crosswise. Put the papaya into a bowl, add the lime juice, and mix until coated. Finely chop the chutney and combine in a small bowl with the broth and cornstarch. This much can be done ahead and each part of the dish refrigerated separately.

To cook at the table, heat an electric frying pan to 325°. Or, in the kitchen heat a heavy 10 or 12-inch frying pan on medium-low heat. With either pan, add butter and oil and heat until bubbly. Add chicken and cook until light brown on one side, about 3 to 4 minutes. Turn chicken pieces, cover pan, and cook until juices run clear when chicken is slashed in the thickest section, about minutes longer.

Uncover and stir in chutney mixture, bring to boiling and cook, stirring, until thickened. Add fruit and cook, stirring gently, until fruit is glazed and heated through.

At the table, serve over rice and top each serving with almonds. Or transfer chicken mixture to a serving dish and sprinkle with almonds; serve with rice. Makes about 6 servings.—*A. N., Walnut Creek, Calif.*

Stress can rob you of vitamins

What is stress?

Severe injury or infection, chronic verwork, too many martini lunches, fad ieting — any condition that places an nusual demand upon your body consti- ıtes stress and may cause B and C vitamin epletion, if the diet is inadequate.

Stress can deplete your body's stores of water-soluble vitamins.

Your body absorbs two kinds of tamins from the food you eat, fat-soluble nd water-soluble. The fat-soluble vitamins re accumulated in substantial reserves in ody tissues. But this is not true of most of e water-soluble vitamins, B-complex and , and daily replacement through proper et is considered necessary even when ou're well. When your vitamin needs are creased by stress, your body may use up ore B and C vitamins than your usual daily meals provide. During times of continued stress — when your body may be affected in many ways — a vitamin deficiency can develop.

Why many doctors recommend STRESSTABS 600 High Potency Stress Formula Vitamins.

STRESSTABS 600 has a single purpose: to help you correct a B-complex and C vitamin deficiency. With 600 mg. of vitamin C, and B-complex vitamins, high potency STRESSTABS 600 can help restore your supply of these water-soluble vitamins and help maintain good nutritional balance. STRESSTABS 600 also contains the U.S. Recommended Daily Allowance of Vitamin E.

A touch of womanhood in a stress formula vitamin

STRESSTABS 600 with Iron. The basic STRESSTABS formula, plus 27 mg. of iron, more B_6 and 100% of the R.D.A. for folic acid. A combination of nutrients to help satisfy the special nutritional needs of many young women.

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DARROW M. WATT

A blazing fire *provides the congenial background for our coffee-table supper of Italian meatball sandwiches, salad, and cake with orange slices*

JANUARY MENUS

After-holiday simplicity... sausage supper, soufflé brunch, thrifty dinner

To help your strained food budget recover from gala holiday meals, we've put together three inexpensive winter menus for feeding family and friends.

The Italian-sausage meatball sandwiches are sure to warm up any group after skiing, a sports event, or a casual night on the town. Fresh oranges are served over poundcake for dessert.

To convince dinner guests you're not penny pinching, you can fool them by serving inexpensive but elegant spinach-stuffed turkey rolls, baked in mushroom wine sauce. Or put on an impressive company brunch featuring the puffy golden soufflé made from two robust cheeses suggested in the third menu.

Fireside supper

You can use either mild or hot Italian sausages to make these meatballs. Once baked, the meatballs are simmered in a quick-to-assemble tomato-herb sauce, then served in warm hollowed-out French rolls.

Italian-Sausage Meatballs in French Rolls
Mixed Green Salad
Fresh Orange Slices Poundcake

To get a head start on the meal, make the meatballs and sauce the day before. You can also slice and chill the oranges a day ahead.

About 20 minutes before serving, start to reheat the meatballs. Meanwhile, prepare your favorite green salad. Butter the rolls, wrap them in foil, and heat in a 350° oven for 10 to 15 minutes.

Sausage Meatballs in Italian Sauce

- 6 to 8 sandwich-size French rolls
- Sausage meatballs (recipe follows)
- 3 tablespoons olive oil or salad oil
- 2 large green peppers, seeded and cut into ½-inch strips
- 2 large onions, chopped
- 2 cloves garlic, minced or pressed
- 2 cans (14½ oz. *each*) Italian-style tomatoes
- 1½ teaspoons dry basil
- ½ teaspoon oregano leaves
- ¾ cup *each* dry red wine and water
- 1½ tablespoons sugar
- 1 can (6 oz.) pitted ripe olives, drained and sliced

Tear out enough of the bready inside of roll tops to make 1 cup soft bread crumbs for meatballs. Prepare and bake meatballs.

To make the sauce, heat the oil in a 5-quart kettle over medium heat; add the pepper strips and cook, stirring, 2 minutes or until peppers are just tender; lift out and set aside. Add onions and garlic to pan and cook, stirring, until onion is limp. Add the tomatoes and their liquid (cut tomatoes into pieces), basil, oregano, wine, water, and sugar. Bring to boiling; reduce heat and simmer, uncovered, stirring occasionally, for 3 minutes or until tomatoes have cooked into a thin sauce.

Add the meatballs and their dripping to the sauce. Cover and continue simmering 1 hour or until sauce thickens. Cover and chill if made ahead.

To reheat, cover and cook over medium heat, stirring occasionally, for 15 to 2[illegible] minutes or until meatballs are hot.

Just before serving, stir in pepper strips and olives. Let guests spoon the meatballs and sauce into hot buttered rolls (see above). Serves 6 to 8.

Sausage meatballs. In a large bowl, combine the 1 cup reserved soft bread crumbs from the rolls and ½ cup milk; let stand 5 minutes. Add 1¼ pounds mild or hot Italian sausage (casings removed); ¾ pound lean ground beef; 1 medium-sized onion, chopped; 2 cloves garlic, minced or pressed; ¼ cup chopped parsley; ½ teaspoon *each* salt and Italian herb seasoning (or ¼ teaspoon *each* dry basil and oregano

GF GENERAL FOODS

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leaves); and 2 eggs beaten. Mix together with your hands; chill 30 minutes.

Divide and shape meat mixture into 1½-inch balls; place at least 1 inch apart on rimmed baking sheets. Bake in a 450° oven for 15 minutes; reserve all drippings.

Thrifty dinner party

Sliced turkey breast, pounded into thin pieces and wrapped around a savory filling, makes an inexpensive substitute for veal.

Florentine Turkey Rolls
Buttered Carrots
Marinated Artichokes, Sliced Tomatoes
Apple Pastry

You can assemble the turkey rolls up to a day ahead, then cover and store them in the refrigerator. To make slicing easier, partially freeze the turkey breast for 1 to 1½ hours. While it's in the freezer, you can prepare the mushroom sauce and spinach filling.

About 1 hour before you plan to serve, put the turkey dish in to bake. Start cooking the carrots about 30 minutes before serving. Then prepare individual salads by lining 6 salad plates with butter lettuce; evenly top with 1 can (10 oz.) sliced baby tomatoes (drained) and 1 jar (6 oz.) marinated artichoke hearts; pour some of the artichoke marinade over each salad.

Florentine Turkey Rolls

- 5 tablespoons butter or margarine
- ½ pound mushrooms, thinly sliced
- ¼ cup all-purpose flour, unsifted
- ¼ teaspoon *each* ground nutmeg and white pepper
- 1 chicken bouillon cube dissolved in ¾ cup hot water
- ¾ cup *each* dry white wine and half-and-half (light cream)
- 2½ pounds turkey breast
- 1 package (10 oz.) frozen chopped spinach, thawed and well drained
- 1½ cups (6 oz.) shredded Swiss or jack cheese

Melt the butter in a frying pan set over medium heat; add mushrooms and cook, stirring, until they're soft and juices evaporate. Remove from heat; stir in the flour, nutmeg, and pepper to make a paste. Gradually stir in the bouillon, wine, and half-and-half until smoothly blended. Cook, stirring, over medium-high heat until mixture bubbles and thickens into a sauce; set aside.

Remove skin and bone from turkey breast. Place, cavity side down, on a board. With a sharp knife, cut breast lengthwise (with the grain) into 6 long thin steaks. Place 2 steaks between 2 sheets of waxed paper and pound to ¼-inch thickness with a wooden mallet.

DAVID STUBB

Turkey breast steaks *are pounded thin, wrapped around a spinach-cheese filling to bake in creamy wine sauce*

Mix together the spinach, 1 cup of the cheese, and 3 tablespoons of the mushroom sauce. Place ¼ cup filling at one end of each pounded turkey steak; roll up tightly into a neat bundle, tucking in sides. Place bundles, seam side down, in a shallow 2½-quart buttered baking

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Mama DeDomenico's

Swiss Steak, Italian Style

- 1 lb. round steak, cut into pieces
- 3 Tbsp. flour
- 1 tsp. salt
- ¼ tsp. pepper
- 3 Tbsp. oil
- ¾ cup chopped onion
- 2 cans (15 oz. each) GOLDEN GRAIN Marinara Sauce
- ½ cup red wine or water
- 2 cups sliced celery
- 1 cup green pepper strips
- 1 pkg. (12 oz.) GOLDEN GRAIN Noodles

Dredge steak in mixture of flour, salt, pepper. Brown in hot oil. Stir in onions and saute. Add Marinara Sauce, wine; bring to boil. Add celery and green pepper. Simmer, covered, 45 minutes or until meat is tender. Prepare noodles according to package directions. Serve sauce over noodles. Makes 6 (1¾ cup) servings.

Get Mama DeDomenico's recipes free. Send self-addressed, stamped business size envelope to: Golden Grain, P.O. Box 24024, Oakland, CA 94623.

dish. Spoon over remaining sauce; cov and chill if made ahead.

Bake, covered, in a 400° oven for minutes (about 55 if chilled); uncov and sprinkle with remaining ½ cu cheese. Then bake, uncovered, about minutes longer or until cheese melt Makes 6 servings.

Company brunch

Just a small wedge of Camembert chee gives this soufflé an unusually rich tas and creamy texture. You can also ser it for supper.

Camembert Soufflé
Sautéed Sausages and Apple Slices
Sweet Rolls

About 1 hour and 15 minutes befo serving, start preparing the soufflé. On it's in the oven, cut 3 to 4 large appl in ½-inch slices. Sauté apple slices ar 12 ounces smoked sausage links in tablespoon butter in a frying pan s over medium heat; cook until sausag are brown and apples are tender. R move from heat and keep warm un serving time.

Camembert Soufflé

- 3 tablespoons grated Parmesan cheese
- 4 tablespoons butter or margarine
- ¼ teaspoon ground nutmeg
- ⅛ teaspoon cayenne
- 3 tablespoons all-purpose flour
- 1⅓ cups milk
- 5 eggs, separated
- 2 teaspoons Dijon mustard
- 2 tablespoons dry sherry
- 4 ounces ripe Camembert cheese, rind removed
- 1¼ cups (about 5 oz.) shredded Gruyère, Samsoe, or Swiss cheese
- ¼ teaspoon *each* cream of tartar and salt

Generously butter a 2-quart soufflé baking dish; sprinkle in the Parmes cheese, turning dish to coat bottom a sides; set aside.

Melt the butter in a 3-quart pan ov medium heat. Stir nutmeg, cayenne, a flour into butter to form a smooth pas Cook, stirring, until bubbly. Gradua stir in the milk to make a smooth sau continue cooking and stirring until sau boils and thickens; remove from heat.

In a small bowl, beat the egg yoll Gradually stir ¼ cup of the sauce in the egg yolks, then stir mixture ba into the sauce. Add the mustard, sher and cheeses. Cook, stirring, over m dium heat for 1 minute; set aside.

In a large mixing bowl, combine the e whites, cream of tartar, and salt. Be until stiff moist peaks form. Blend cup whites into cheese sauce. Fold sau into remaining whites slowly, just ur blended. Pour into prepared dish.

Bake in a 375° oven for 35 to 40 m utes or until top is browned and fi when gently touched. Serve imme ately. Makes about 6 servings.

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Say "no" to saturated fat and cholesterol. It may be the most positive thing you can say for your family's health.

In your grocer's freezer.

Morningstar Farms®

Lets you do something about cholesterol.

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Squid by any other name would taste so delicious? Call it "calamary"

Call it calamary and even the timid are tempted to sample squid. It's a name you've probably noticed on many menus (often spelled *calamari*) to denote enticing squid selections.

Calamary salad provides an easy introduction to this unique shellfish. When briefly poached and then marinated, squid's flavor and texture is much like that of costly abalone.

Calamary Antipasto Salad

Spread 1 package (1 oz.) pine nuts in a shallow pan; place in a 350° oven for 8 to 10 minutes or until golden; set aside.

In a 3-quart pan combine 1 clove garlic, minced or pressed; 1 small onion, sliced; 1 stalk celery, sliced; 1 bay leaf; 6 to 8 sprigs parsley; ¼ teaspoon fennel seed; 4 coriander seeds; 12 whole black peppers; ½ teaspoon grated lemon peel; ¼ cup lemon juice; 2 tablespoons olive oil; and 2 cups water.

Cover and simmer 25 to 30 minutes. Add about 1 pound squid, cleaned; cover and simmer 5 minutes or until fork tender. Lift out squid with a slotted spoon, turn heat to high and boil liquid, uncovered, until reduced to about ½ cup. Pour through a wire strainer, pressing liquid from vegetables.

Meanwhile cut white hoods of squid crosswise in ¼-inch slices to form rings. Combine with tentacles, bodies, and pine nuts; add cooking liquid, cover, and chill as long as 24 hours.

To serve, stir in 2 tablespoons thinly sliced green onion and salt and pepper to taste. Spoon salad onto individual, lettuce-lined plates. Pass lemon wedges to squeeze over. Serves 4.—*J. W., San Francisco.*

To clean squid, pull off and discard the speckled membrane that encases the long hood. Pull the transparent shell from inside the hood and discard. Pull the body free from the hood and strip off and discard the material that easily separates from the body (including the ink sac). Squeeze out and discard contents of the hood and rinse well. Pop out and discard the parrot-like beak from between the tentacles and discard eyes.

DARROW M. WATT

Accent *squid salad with lemon juice*

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Together, a bold adventurous taste that adds spirit to the spirits. So much spirit, it makes the Bloody Merrier.

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NUARY IN YOUR GARDEN:

In between those prayed-for rains, rose shopping, bare-root planting

s hope it rains or snows so long and this month that nobody in the West get a chance to do any outdoor gar-ng at all. Wouldn't it be great to h the rain pour down for hours on like we did in some Januaries a years back?

e don't get the much-needed deluge, f it comes only in several two or e-day rainy spells, there are things ow-elevation Californians to do this th on the non-rainy days. Plant e special varieties of gladiolus, stock n bare root bargains, evaluate your s, or tackle dormant season chores as pruning and spraying.

8 All-America glads . . . choose , plant now or soon

f year, gladiolus experts test and new varieties suitable for home gar-. For 1978 the All-America Glad-Selections announces four award ers:

Freckles.' Irregular white splashes edium-red petals give this new glad-an exotic look. Eight flowers open her on an 18-bud spike.

Toro.' Perfectly formed massive rs resemble vivid red velvet. There p to two dozen buds on each spike, about eight of these open at once.

t Owl.' Experts rate it the finest e offered; flowers are heavily fluted ruffled. Each 5-foot plant can open en flowers at one time.

'Little Sweetheart.' A miniature variety with rounded, cup-shaped florets. White stamens in the heart of each flower stand out against rosy red petals.

Gladiolus planting starts this month and continues through March—which gives you time to plan ahead. If you can't find these or other special varieties you want, you can purchase them from mail-order catalogs or ask your nurseryman to order them for you.

Once-a-year bargains— bare-root trees, shrubs, vines

Bare-root plants are grown in fields, dug during their winter dormancy, then transported and sold without soil on their roots. Because of the minimal handling involved, their cost is often half that of container-grown plants. (Some plants are available *only* bare root.)

Unsold bare-root shrubs, trees, and vines will be potted and sold later when they are in full bloom and look most appealing. Right now, they look like skinny bare sticks, which can be misleading. Actually, bare-root plants set into the ground now are often healthier and more vigorous than they would be if set out from a container later in the year.

Bare-root plants, unlike canned or balled and burlapped plants, allow you a good look at the root system. Roots should be well-developed without kinks or knots. Also look for firm plump buds along the branches, unblemished bark, and good branch structure.

re the two 1978 All-Americas

agic' (left) and 'Charisma' (right) won the big prize this year. the 1978 All-America Rose Selections.

agic,' a disease-resistant Hybrid Tea, grows true to its name. begin to bloom, color darkens from light ivory-pink to with traces of white. The slightly fragrant flowers, 4½ to 7 diameter, have long stems and glossy light green foliage.

a,' a Floribunda, produces blooms in clusters that open slowly es. Red-orange and etched with yellow, they look like glowing This long-lasting, semi-fragrant rose is excellent for cutting. -size light green foliage has average resistance to disease.

o and many other new roses are now at nurseries.

Sunset's GARDEN GUIDE

Coming up roses

January is the month when leafless rose bushes in the garden look uninspiring. Now's the time to shop for new and replacement plants. If you haven't yet decided what rose to plant this year, the *Handbook for Selecting Roses* may interest you.

Essentially a buyer's guide, this booklet evaluates all the roses commercially available (more than a thousand) in the United States. Ratings are 1 to 10: below 5.9 is "of questionable value," 10 is a perfect rose. You can compare old garden favorites to the latest introductions —including the 1978 All-America Rose Selections. (We show the two 1978 All-America Rose Selections on the opposite page.)

For a copy of the handbook, send 25 cents and a stamped, self-addressed envelope to American Rose Society, Box 30,000, Shreveport, La. 71130.

Perhaps you haven't decided whether or not to plant roses in your garden. A 16-page booklet entitled *Roses Are for You* may help you make up your mind. It discusses the different types of roses and their uses, and lists public rose gardens to visit.

For a free copy, write to All-America Rose Selections, Box 218, Shenandoah, Iowa 51601.

The versatile asparagus— they just look fussy

Mention asparagus and most people think of the tasty perennial vegetable. But to many mild-winter gardeners, asparagus—the ornamental varieties—are useful ground covers, vines, and shrubby

Sunset's GARDEN GUIDE

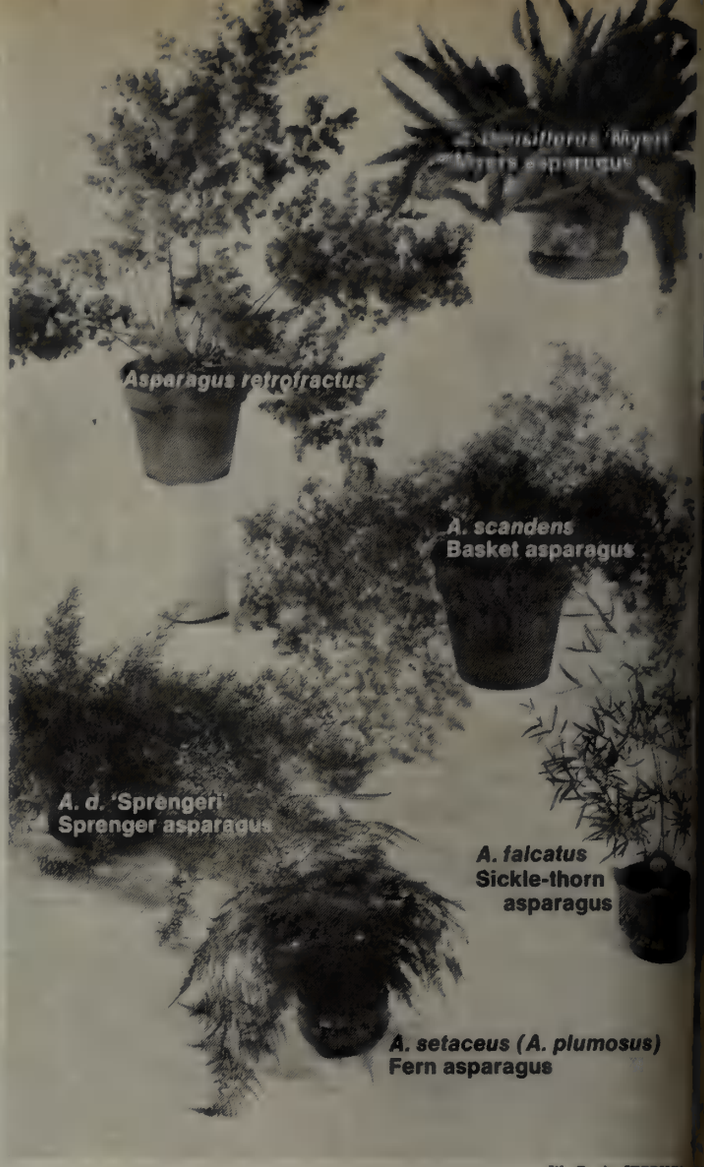
landscape plants. Their versatility doesn't stop there: All the varieties grown outdoors in California also make good indoor plants anywhere. We show six varieties in the photograph here.

Asparagus plants do have one problem: Many people mistake them for ferns. That's understandable, since many varieties have delicate, feathery foliage and one form carries the misnomer asparagus fern.

Actually, asparagus is a member of the lily family. Small lily-like flowers and fleshy roots give it away. It's these succulent roots (some look like small potatoes) that make it a good self-sufficient container plant.

Benevolent neglect is a good rule-of-thumb for asparagus plants. Give them lots of indirect light and don't overwater —let soil dry out between waterings. □

Fine, feathery, *and fernlike they may be—but these are asparagus plants, not ferns. Note how new shoot pictured above resembles the stalk of its vegetable cousin*



W. D. A. STEPHEN

JANUARY CHECK LIST: *Here are the midwinter jobs*

☐ **Plant bare-root trees, shrubs, vines.** Select roses, deciduous fruit and ornamental trees early this month. Also available: bare-root deciduous shrubs like forsythia, lilac, flowering quince, rose of Sharon (*Hibiscus syriacus*), weigela, and vines such as wisteria and grape. If you need to delay planting for a few weeks, keep roots covered and moist by placing them in a holding bed of loose soil or damp sawdust. Soak once immediately after planting, then water again only when soil has dried out several inches down.

☐ **Plant vegetables and berries.** Along with other bare-root plants, nurseries offer rooted perennial vegetables—artichokes, asparagus, rhubarb—as well as cane berries and strawberries this month. Sow seeds of cool-season crops directly in the ground. These include beets, carrots, chard, lettuce, onions, peas, radishes, spinach and turnips. (Give them a glass or plastic cover for a faster start.) Indoors, you can start seeds to set out in early spring.

☐ **Protect against frost.** Be prepared to give temporary shelter to tender plants: January usually brings the frostiest nights of the year. Clear, dry, and windless nights signal early morning frosts, so be on the alert for them. Keep a stock of wooden stakes, old sheets and tarps on hand to make anti-frost "umbrellas" over plants. These canopies help prevent heat from radiating from the plants to the sky; it's a plant's sudden loss of heat that causes frost damage.

☐ **Prune deciduous plants.** Give deciduous fruit trees, roses, flowering vines, grapes, and cane berries their yearly shape-up this month. Wait to prune ornamental deciduous trees and shrubs—like flowering plum and Japanese quince —until during or after bloom. You can use the cut flowering branches for indoor arrangements.

☐ **Spray deciduous trees and shrubs.** Apply dormant spray now to fruit trees, roses, and other deciduous trees and shrubs that would benefit from an insecticide-fungicide treatment. Lime sulfur and oil, and copper oil sprays are effective and safe—they leave no dangerous residues as they break down in the soil. Dormant sprays kill many kinds of fungus spores (including peach leaf curl) and smother some mites, scale, and insect eggs.

Mix to the strength specified on the bottle or package for dormant spraying. Drench trunks, branches and twigs, but keep spray off neighboring evergreens.

☐ **Spray weeds.** Apply weed oil to young weeds sprouting up in gravel ground covers, paths, driveways and in the open ground. It's fast, effective, and saves hours of hand weeding later. A contact spray, weed oil (or non-petroleum oil substitutes) kills only aboveground growth and won't leach into the soil to affect other plants. For just a few days, weed oil will leave a strong odor (like that of kerosene) and a stain—avoid tracking it into the house. For best application, use a pressurized tank sprayer.

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New fruit trees . . . 20 to choose from

Is this the year to start your home orchard? Maybe you'd prefer just to add one tubbed dwarf fruit tree to your patio. In either case, here is a list of 20 new fruit trees that nurseries may offer this month. Whether you want to experiment with one of these new varieties, or choose from the multitude of old favorites, now is the time to plant bare-root deciduous fruit trees.

Your nursery certainly won't have all these trees, but whatever you can't find the nursery can order from wholesalers. Pay close attention to the climate recommendations, as fruit trees vary in tolerance to heat and cold. They also have different needs for winter chill.

The ripening dates given will vary from area to area. Warmer areas may expect earlier ripening of most fruits, cold areas later ripening.

Apples—mostly for coldest areas

'Earliblaze.' A large apple with blushed red skin. It's crisp and juicy, good for table use, sauce, pies. Ripens in mid-August.

'Early Crimson.' This large, red-skinned apple retains its crisp texture and sweet flavor even after the harvest. Ripens late June to July.

'Garden Delicious.' If you want a 6-foot-tall tree, this genetic dwarf will comply. Cold climates bring out the typical 'Delicious' red color on fruit that is otherwish greenish-yellow. Heavy crop (needs thinning) ripens in September.

'Granny Smith.' Southern hemisphere favorite—Australian growers have sent their fall apples to American markets in our spring for several years. It's a medium-sized, bright green apple like 'Newtown Pippin'—a crisp, juicy, eating apple. Ripens September to October. Try this one in borderline apple-growing areas.

Apricots—not for coldest areas

'Aprigold.' Good-sized, good-tasting fruit on genetic dwarf tree (5 to 6 feet tall). Ripens late June to early July. Not recommended above 2,500 feet.

'Goldrich.' Large fruit on a productive tree. The tree is vigorous and more resistant to winter injury than typical apricots, but still not recommended above 6,000 feet. A pollenizer helps fruit production.

Cherries—new one for mild winters

'Early Ruby.' A sweet cherry for mild-winter areas. Large fruit ripens in May. Needs a pollenizer, such as 'Black Tartarian,' 'Royal Ann,' or 'Van.'

'Stella.' See page 110.

Figs—mild areas only

'Italian Everbearing.' A large fig with sweet pink flesh and brownish-purple skin. Prolific bearer. The tree's growth habit is similar to that of 'Brown Turkey': small, pyramidal. You'll have to give figs winter protection if you try them outside of mildest areas.

Nectarines—for mild areas

'Ruby Grand.' Large freestone with firm, melt-in-your-mouth flesh. Ripens mid- to late June.

'Snow Queen.' White-fleshed freestone with the same texture as 'Ruby Grand'; mellow buttery flavor. Earlier ripening: mid-June.

Peaches—not for coldest areas

'Autumn Gold.' Yellow-fleshed freestone with slightly acid flavor. Excellent keeping quality if picked when firm. Ripens late September.

'Early Redhaven.' Resembles 'Redhaven' (semi-cling, sweet yellow flesh), but ripens two weeks earlier—early June instead of late June.

'Jim Bowie.' Large yellow-fleshed freestone. Sweet and very juicy. Ripens early September.

'Red Baron.' A flowering-fruiting combination—double red flowers cover the tree in early spring, followed by yellow freestone fruit in mid-July. Very juicy, sweet, and mild-tasting fruit.

'Rochester Improved.' Large freestone with firm yellow flesh. Dependable producer in cooler areas. Long ripening season—from July to early September.

'Sunhaven.' Similar to 'Redhaven' but ripens 10 days earlier (early June) and has slightly larger fruit. Partially cling when yellow flesh is firm, freestone when fully ripe. Juicy, sweet, and mild.

'Tropi-Berta.' Large yellow-fleshed freestone, firm yet juicy. Best for mild-winter areas. Early to mid-August.

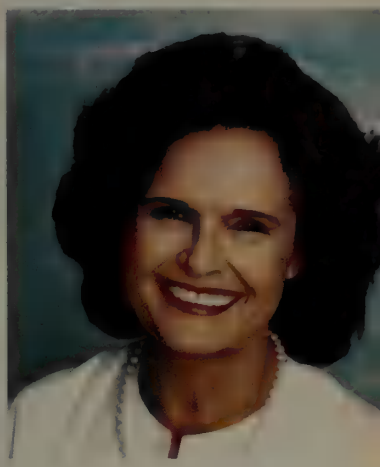
Pears—not for mild areas

'Surecrop.' A 'Bartlett' look-alike with a prolonged bloom period that gets it beyond late frosts. White sweet flesh; more resistant to blight than many others. Ripens September.

Quince—for cool areas only

'Cooke's Jumbo.' Jumbo indeed—the fruit is twice the size of other quince. White flesh; good for cooking and jelly. Ripens September to October. □

The way Ava Bergmann sees it for Utica fine arts.



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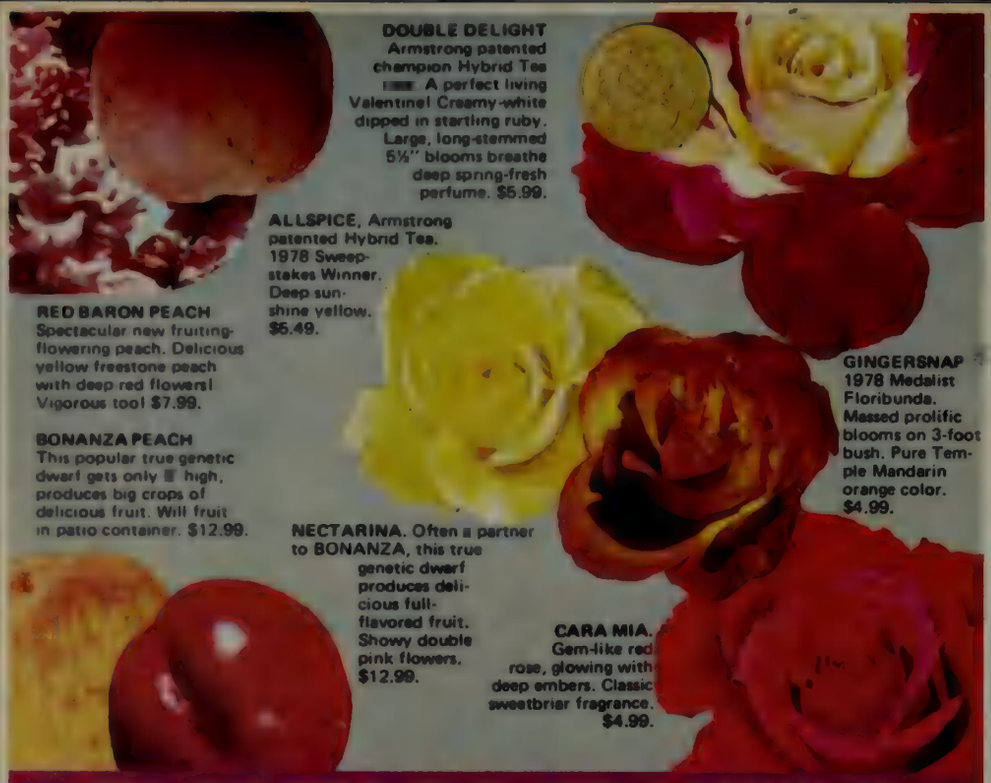

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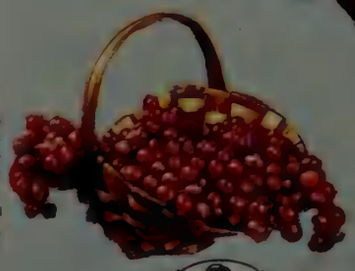

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Now a self-fertile almond and cherry

Until very recently, all generally available almond and sweet cherry trees depended on cross-pollination by another variety of the same species to bear fruit. Two newly available varieties now break that tradition.

'Hall' ('Hall's Hardy') almond and 'Stella' sweet cherry are self-fertile—they will set fruit when fertilized by their own pollen. To get a crop, you have to plant only one tree.

'Hall' almond is a mystery tree

It originated in Kansas 50 years ago, but 'Hall' was introduced to the West only recently. Its parentage is unknown; some authorities suspect it is an almond-peach hybrid, citing its beautiful pink flowers and hardiness.

Most almonds are wood-hardy, but lose flowers or flower buds to spring frosts; 'Hall' blooms late enough to avoid all but exceptionally late frosts. It does well in peach-growing areas.

The tree is fairly small as almonds go, but produces many medium to large kernels. Shells are hard, but kernels are sweet and tasty.

Although it can produce a good crop on its own, 'Hall' almond will bear even more heavily when planted with 'Texas' ('Mission')—another late-blooming variety—as pollinator.

'Stella' goes it alone

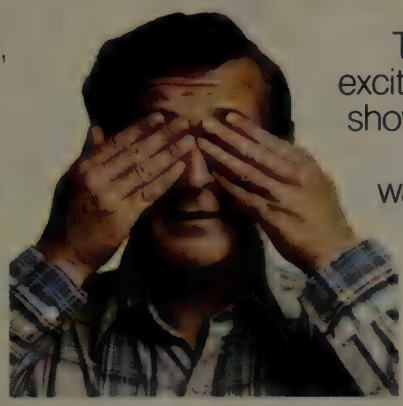
Cross-pollination in sweet cherries is extremely complex; most varieties are not only self-sterile but also incompatible with many other varieties. Home gardeners who want 'Bing' or 'Royal Anne' cherries usually plant a 'Black Tartarian,' 'Black Republican,' or 'Van' as pollinator—or hope for the best.

(It is possible in many areas to buy a cherry tree that has had a pollinator budded onto the trunk along with two or more of the more popular fruiting varieties; before buying one, be very sure that all buds are alive.)

Self-fertile 'Stella' sweet cherry avoids all these problems and is also a good pollinator for other sweet cherries. Originating in British Columbia, it's most widely available in the Northwest. Fruit is smaller than 'Bing' or 'Lambert' but of good size, dark red, moderately firm, and similar to 'Lambert' in flavor. It ripens at about the same time as 'Bing.'

All sweet cherries become big trees, so if you only have space for one—and if your neighbors don't have a known pollinator—consider 'Stella.' □

How to buy a television set with your eyes closed.



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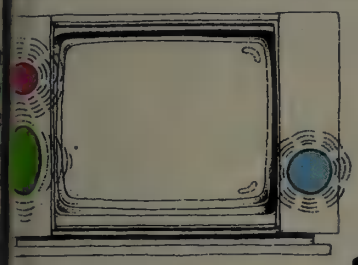

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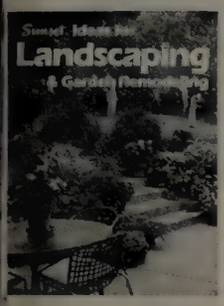
New helps on hand for gardeners

All new photographs and drawings, more information, and changes in approach make two recently revised *Sunset* books handy resources for your gardening library. Both 80-page books, *Ideas for Landscaping & Garden Remodeling* and *Cactus and Succulents* (Lane Publishing Co., Menlo Park, Calif. 94025, 1977; $2.95), will be available by the end of this month.

Landscape book stresses redesign

Reworking the landscaping book made it more problem-solving in its approach. It now deals mainly with remodeling existing gardens rather than landscaping from scratch.

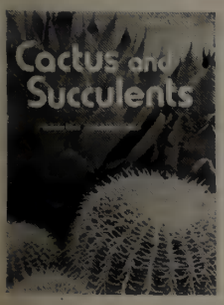


There is a greater collection of ideas—enhanced by 32 pages of color photographs—on just how you can do what you want with your garden, from more formal Eastern-style landscaping to rustic native-plant gardens.

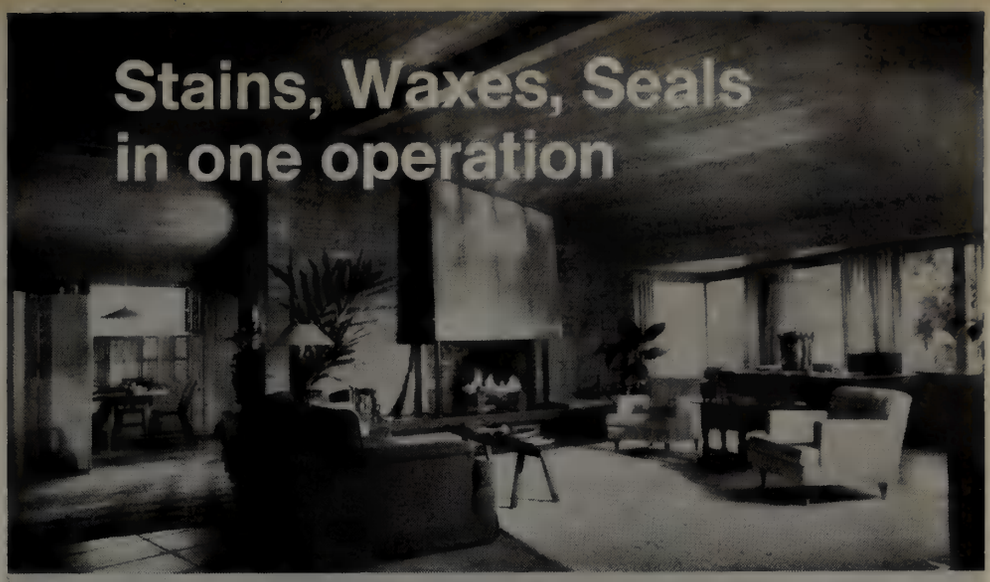
Integrating plants with garden structures (such as fences and covered decks) is also covered, and the book shows a variety of ways to make use of several typical garden situations.

Bringing "cactus country" home

Cactus and Succulents has been redone with more emphasis on the individual plants rather than general landscaping uses. It is a cyclopedic guidebook, with botanically accurate pencil drawings interspersed with 24 pages of color photographs. You'll find information on the success of cactus as a drought resister and water saver. And the growing appeal of cactus and succulents as house plants is covered, from tips on care to ideas for indoor and outdoor displays.



Special features include information on grafting, propagating, and even how to avoid getting stuck by the more prickly varieties. "Cactus country" is everywhere, and this book can help you decide how to bring cactus and succulents into your own home or garden. □



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DON NORMARK

Prune out *stiff, upright limbs from newly planted fruit tree. Use clothespins to anchor pliable branches to horizontal, plastic-coated wires*

You're looking at an apple lover's paradise. This miniature orchard in Portland contains 140 apple trees. Each is a different kind, but some are grafted with two or three varieties, so the real total is more like 300. All are squeezed into an area about 30 by 40 feet, yet they're 12 years old and healthy.

Because the trees are small, care is easy, and fruit of each variety ripens in manageable quantities. Owner Larry McGraw chose varieties that ripen from midsummer into winter: some to eat immediately, some to cook, some to store.

His friend Jim Greco used similar techniques to fit a combination of 22 apples, pears, peaches, plums, and apricots into a 20 by 30-foot area. Apples and pears are by far the best adapted to this treatment, but the other fruits also produce satisfactorily.

Dwarfing roots make such dense planting possible. All the apples in the McGraw orchard were grafted to Malling 9, a rootstock that limits mature tree height to 9 to 12 feet; it also transplants more readily than most other rootstocks. Training, pruning, and limited space further reduced these trees' mature height to 6 feet. Most other fruits are also available on dwarfing rootstock.

Choose a sunny site, and add amendments as necessary to build good garden soil. If you plan to put in a large number of trees, it's easier if you rotary till the entire area first.

Mr. McGraw's apple trees were planted as little as 2 feet apart in 14 rows 3 feet apart. If you prefer more fruit per tree and fewer varieties, space trees 3 to 6 feet apart, and rows 5 feet apart.

For support, place 6-foot stakes about 7 feet apart in each row, and sink them a foot into the ground. Then stretch plastic-coated wires horizontally between the stakes at 1½, 3, and 4½-foot heights. Tie each trunk to the lowest wire with expandable ties.

In summer, *clothespins can also pport heavily fruiting spurs. Crop was greatly thinned last spring to prevent undersized fruits*

Dwarf trees from a nursery may need o be cut back as shown at lower left to emove limbs too rigid to train.

f you can't find the top variety or root-tock you want locally, you may be able o order from a specialist, or graft your wn trees as described at right. For ources of apples on Malling 9 and of ootstock and scions for grafting, see age 262 of the October 1977 *Sunset*.

Pruning and training

The idea is to keep trees small but make hem productive as early as possible.

Anchor all pliable branches horizontally r diagonally to wires with clothespins, s shown at left. Throughout the grow-ng season, move the clothespins out to-ard the tips as the limbs grow.

The first winter, cut back new growth y about ¼ on permanent branches; nake the cuts above a healthy bud on he upper side of the limb. Starting the econd summer, summer-prune when ew growth slows down and begins to arden around July: Cut back the top nd outward-growing limbs to keep the eight and width you want; rub out or inch back any shoots that are crowded r aimed in an awkward direction.

n following seasons, repeat these steps nd follow standard pruning recom-nendations for the kind of tree involved.

Dwarfing rootstock, the horizontal limb raining, and light summer pruning all ush the trees into bearing more quickly. Fruit production further stunts growth, o that after the first few years little runing is needed beyond summer nip-ing and pinching for shape.

Fertilize each spring and again in mid-ummer. Water more frequently than ou would deeper-rooted, more widely paced trees. In hot climates, mulch in ummer to protect shallow roots. □

Whip grafting step by step. Collect scions soon. Graft later

1 • *Cut pencil-thick scion and stock as shown above. Slide together until they are firmly joined*

2 • *Bind together with stretchy, plastic electrician's tape. Be sure to cover entire cut*

3 • *Cut back upper stem (scion) to three or four buds. Seal cut end with wax or pruning compound*

Whip grafting is a good way to create a new variety on a young rootstock or to add more varieties to a new or established nursery tree.

You need rootstock (a tree onto which to graft, preferably young), and one or more scions or whips (pieces of stem to insert into the stock). Rootstock and scions must be of like or compatible kinds—apple to apple, and so on.

For best results, limit yourself to two or three varieties per tree; the more kinds you add, the more difficult it is to maintain a shapely tree, as each will grow at a different rate.

To be sure you have dormant scions when grafting time comes, it's a good idea to collect them now. Select smooth-barked, supple pieces of last season's growth, ¼ to ½ inch in diameter, 6 to 8 inches long. Store them in a cool, moist place (a tightly closed bag in the refrigerator or in damp sand in the garage).

You can graft deciduous trees any time after the leaves drop, but Mr. McGraw has noted best results when he waits until buds begin to swell. Then cut back to a trunk 1 to 2 feet tall for a single graft, or to a well-placed limb close to the main trunk to add a new variety to an existing tree. You want to cut the rootstock where its diameter is the same as or slightly larger than the scion you intend to use.

Cut both the scion and rootstock the same way: first a smooth diagonal cut through the stem, then a second cut not quite parallel to the first. Be sure to cut the scion's lower end, so that buds point away from the end to be joined.

Firmly slide scion and stock together. Match the slick cambium layers under the bark precisely, at as many places as possible. If properly cut, the two will hold together and no light will show through the cuts.

Wrap with tape, prune, and seal as shown above. Then wait. You'll know the outcome when the scion either starts to grow or dries up.

Next winter, cut off any remaining tape.

The secret of long yields from cool-season vegetables? Successful gardeners say "plant often, all over"

Harvests that shift from scant to overwhelming are a problem facing most beginning vegetable gardeners. The secret to smoothing out that seasonal swing is to plant small amounts during the off-season, and to manage your harvests skillfully to extend them over the longest possible time span.

Year-round vegetable gardening is only possible in mild to moderate-winter areas of the West—the areas where you can grow citrus outdoors. As autumn plantings mature and are harvested this month, you can replenish many of these same cole, root, and leaf crops which thrive in cool weather.

Near the coast, you can transplant seedlings of chard, lettuce, and cole crops such as broccoli, cabbage, cauliflower, kale, kohlrabi, and mustard. And you can sow seeds of almost any root crop (including beets, carrots, radishes, and turnips) plus lettuce, spinach, kale, kohlrabi, and mustard. In the Central Valley, you can start seeds of any of these crops indoors or under protection; if the weather is mild, you may also have success with cole crops transplanted outdoors. In the low desert, approaching warm weather makes only very fast-maturing seeds or transplants a good gamble.

Your results from midseason plantings may not be quite as impressive as they are from fall or spring plantings, but the fact that you can succeed with so many crops at this time of year is one of the advantages of mild-winter climates. Here are some tips from successful year-round gardeners on how to extend the harvest season:

STEVE W. MARLEY

Transplant seedlings *at 2 to 4-week intervals to stagger harvests. These mustards already taste spicy*

WILLIAM APLIN

Shogoin turnips *have almost no root. Sow seeds close together; eat the smooth and mildly tangy leaves and tender stems either raw or cooked*

Plant often, all over

"When I first started my vegetable garden, I cultivated, fertilized, and planted the whole thing all at once each spring and fall. Now, I redo a row at a time. Whenever one vegetable is gone, I cultivate, fertilize, and replant something else." Dorothy Fitzgerald, San Pedro, California.

"As a staple vegetable arrives at the thinning or early harvest stage, it's time to make another planting of the same or similar crop to assure a constant supply." Jack and Virginia Burgess, Bakersfield, California.

Some gardeners report that they plant something almost every other week. This takes less effort and space than you might imagine. Shortly after vegetables are pulled up, soil is usually still soft and crumbly, and you can rework and replant 2 to 15 square feet in 10 to 30 minutes. It's important to recondition soil with compost or similar materials at least every other planting. And do try to rotate dissimilar crops into each plot every time you replant.

Remember that plants that grow fast are the most tender and succulent. Force rapid growth with ample water and fertilizer.

To save space, slip in vegetables along a walk or among permanent plants. Diane Stelley of Downey, California, intersperses fast-maturing crops with medium and slow ones: "Radishes go into almost every row of beets, carrots, lettuce, or kale. I mix the seeds of radishes and of these slower crops with about a cup of sand. Then I sprinkle

DARROW M. WA

Tennis ball with shoots? *This kohlrabi is prime for harvest. Snap off root, older leaves, stalks; eat tiny leaves and globe*

this mixture down a row or around a bed—wherever there is space. I usually scatter them in a 12-inch wide band. This leaves behind nicely spaced vegetables after the radishes are harvested."

Be a flexible harvester

Success is partly a point of view. You'll miss many pleasurable eating experiences if you harvest only according to conventional standards.

One disappointed gardener reports that the secondary shoots of her broccoli are too small to bother harvesting. Herbert Book of Richmond disagrees: "Be sure to get the green sprouting variety of broccoli for continued harvests. Expect one medium-to-large head and many small ones." Those secondary shoots are so tender you can just snap them off the plant. Their stalks are as tender and mild as the tops until age or heat toughen them.

Cauliflower is good to eat whether or not you blanch the heads by covering them. But they definitely should be covered where excessive heat or heavy frosts may cause physical damage. Have you seen cauliflower heads only 1 to 6 inches across when the florets started to branch out? Harvest them immediately, regardless of size. Has the head already opened into long shoots? Sample a few. Often these overmature shoots are still tastier than grocery store heads.

Many people forage for greens in vacant lots and along roadsides each spring. But often the buds, blooms, and flower stalks on mustard, cabbage, turnips, and other cole crops that pass maturity in your garden are equally good.

Begin to harvest cabbage when the heads are small and just firm, otherwise you'll have too many big heads all at once. Leave the stalks in place if you have space. Often three to six smaller heads will form, and sometimes they'll be especially sweet.

With most root and leaf crops, begin harvesting small. Gourmets pay a premium for the little morsels that many gardeners let go by.

For root crops such as carrots, beets, and turnips, thin only sparingly. After you pick the first fat ones, the crowded ones will have more space to fill out.

When planting kale, mustard, and leaf lettuce, broadcast seeds over a wide band. You can eat the 2 to 3-inch seedlings that you pull at first thinning. At about 6 to 8 inches tall, cut out entire plants until the remaining ones are spaced about 6 to 8 inches apart. Then, keeping the central rosette to grow, harvest outer leaves or more tender middle leaves. Plants may last months before leaves become too tough or bitter.

Head lettuces are different. Big leaves are usually quite bitter even in cool weather until they begin to form heads. □

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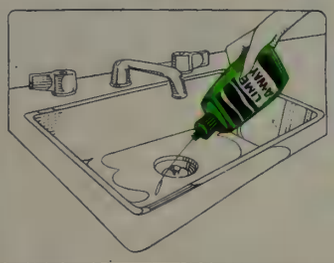
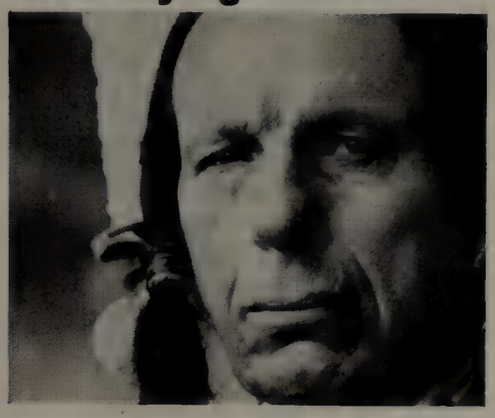


Pollution: it's a crying shame



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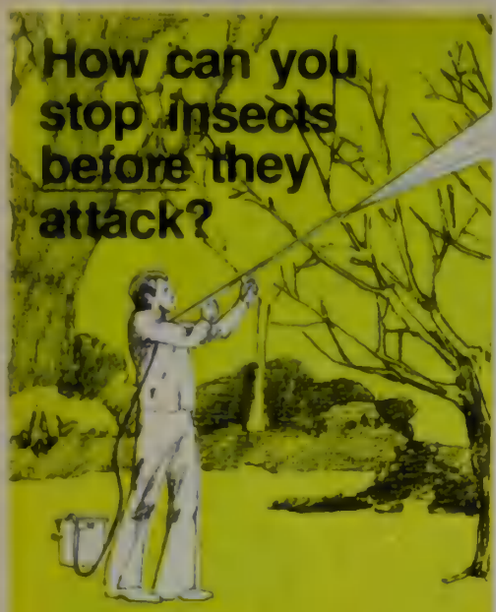

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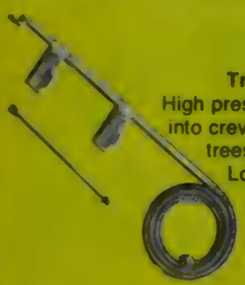

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NORTHERN CALIFORNIA

San Francisco. January 7. Annual rose pruning demonstration presented by the San Francisco Rose Society, in cooperation with the Parks and Recreation Department. Place: Golden Gate Park Rose Garden, Park Presidio Blvd. and Fulton St. Hours: 10 to 3. Free. If it rains, the demonstration will be held on Sunday, January 15.

San Francisco. January 10, 17, 24, and 31. Tuesday garden lectures sponsored by the Strybing Arboretum Society. Place: Hall of Flowers, Golden Gate Park, Ninth Ave. and Lincoln Way. For further information, telephone the society office at (415) 661-0822.

San Rafael. January 11. Program on satchet and potpourri by Mrs. Bernice Giantvalley, sponsored by the Peacock Gap Garden Club. Place: Loch Lomond Yacht Club, 95 Loch Lomond Dr. Hours: 9:30 A.M. coffee; 10:30 to noon, program. Donation: $1.50.

Davis. January 11 to February 8. Course on hobby hydroponics sponsored by the University of California Extension, Davis. Place: Room 108, Hoagland Hall, campus. Hours: 7 to 9 P.M. Fee: $25. For further information, telephone UCD Extension, (916) 752-0880.

Davis. January 14. One-day seminar on solar energy sponsored by the University of California Extension, Davis. Place: Walnut Room, Minicenter, Hutchison Dr., campus. Hours: 9 to 5. Fee: $43 (includes book). Various aspects of using solar energy to heat and cool homes and other buildings will be covered with explanations of both passive and active systems and collectors. For details, telephone UCD Extension, (916) 752-0880.

Redwood City. January 14. Annual auction of camellia plants and garden materials cosponsored by the Peninsula Camellia Society and the Parks and Recreation Department. Place: Veteran's Memorial Building, 1455 Madison Ave. Hours: 1:30 P.M. until sold out.

Red Bluff. January 14 and 15. Northern California Bird Fanciers Show, Fairgrounds. Hours: 9 to 5 Saturday; 9 to 1:30 Sunday. To enter poultry (deadline January 3), write to George Bishop, Route 2, Box 424, Cottonwood 96022.

Davis. January 14 and 21. Two Saturday sessions on raising back-yard chickens sponsored by the University of California Extension, Davis. Place: Room 101, Olson Hall, campus. Hours: 9 A.M. to 1 P.M. Fee: $25. For further information, telephone UCD Extension, (916) 752-0880.

Oakland. January 15. Thirtieth annual rose pruning demonstration by the East Bay Rose Society in cooperation with the Parks and Recreation Department. Place: Morcom Amphitheater of Roses, foot of Jean St. near Grand Ave. Hours: 1 to 4. Free. If it rains, the demonstration will be held on the following Sunday, January 22.

San Francisco. January 21. First lecture in a new horticultural series sponsored by the Strybing Arboretum Society. Place: Hall of Flowers, Golden Gate Park. Hours: 10 to noon. For further information, telephone the society office at (415) 661-0822.

San Jose. January 28, repeated on January 29. Rose pruning and planting demonstration by the Santa Clara County Rose Society in cooperation with the Parks and Recreation Department. Place: Municipal Rose Garden, Dana and Naglee avenues. Hours: 1 to 3. Free. If it rains, the demonstration will be held at Leininger Community Center, 1300 Senter Rd.

San Francisco. January 28 and 29. Pacific Poultry Breeders Association's Thirtieth Annual Midwinter Show, Cow Palace. Hours: 9 to 5 Saturday; 9 to 3 Sunday. Admission: 50 cents children, $2 adults. To enter poultry (deadline January 16), write to Bonnie Sallee, 19333 Lovall Valley Ct., Sonoma 95476.

This year the Cow Palace show hosts the American Bantam Association National Meet (expect to see the finest bantams in the country), the National Meet for the American White Leghorn Club, plus national and regional meets for a number of other breeds. The show will fill three barns this year (two last year, one in 1976). Commercial exhibitors will have poultry, equipment, and literature for sale.

San Francisco. May 4 through 28. Fourth European Garden Tour sponsored by Strybing Arboretum Society of Golden Gate Park. The tour will follow the spring flowering season beginning with northern Italy, then go to Switzerland, Germany, Holland, and end with

STEVE W. MARLEY

Poultry judge *at Cow Palace show tells what's good about a large Buff Cochin cock*

Grand Champion *of 1977 show —a large Dark Brahma cock—poses with his pleased owner-breeder*

e Chelsea Flower Show, London. John ran, director of Strybing Arboretum, ll lead the tour. For further informa- n, call Strybing Arboretum Society at 15) 661-0822 or write to the society at nth Ave. and Lincoln Way, San Fran- sco 94122.

OUNTAIN STATES

urray, Utah. January 13, 14, and 15. ah Fancy Feather Association Winter ow, Salt Lake County Fairgrounds. ours: 9 to 9 Friday and Saturday; 9 3 Sunday. To enter poultry (deadline nuary 7), write to Lynn Warr, 3220 S. 00 W., Salt Lake City 84119.

enver. January 14. African violet orkshop presented by the Denver Bo- nic Gardens. Place: Denver Botanic ardens, 1005 York St. Hours: 9 to on. Charge: 50 cents.

enver. January 14. Film or slides on a rticultural subject. Place: Lecture oom C, Education Building, Denver tanic Gardens, 1005 York St. Time: 30 P.M. Free. □

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By mid-April *the white flower clusters of this Chinese wisteria, on vines trained on the roof and along eaves outside a bedroom window, had opened to their full glory. Bloom lasts about three weeks*

It's wisteria pruning time. First you cut off last summer's tangle, then shorten the spurs

Regular winter pruning is what a wisteria needs to produce a display as spectacular as that pictured above.

Do this pruning while plants are still dormant, before sap starts flowing and flower buds open. It's quite simple if you recognize the difference between flowering wood (buds are large, prominent, closely set) and nonflowering wood (buds are inconspicuous)—and learn where and how much you should cut.

Our photographs show the three basic steps in pruning a dormant established plant like this 10-year-old white-flowered Chinese wisteria.

First, remove last summer's tangled growth of long, thin whiplike stems, and shorten or thin out any crowded side shoots on the heavier branches forming the permanent framework. Also remove suckers at the base of the plants and rub out buds on the trunk.

The next challenge is pictured below: You have to get rid of the slender dangling stems and seed pods left over from last year's flower clusters. Cut off the stems to the tip of the short budde spurs that will carry this spring's bloon

The third step is shortening the bloon ing spurs. If you look very carefully the "after pruning" photograph, you see that most spurs have been cut bac to four, five, or six buds; one or tw spurs have been left intact. Some ga deners shorten all flower-producir spurs to two or three buds to encou age less crowded, free-hanging flowe clusters.

Follow-up pruning in summer. You ca reduce the amount of winter prunin somewhat by cutting off long gree streamers soon after they appear du

It takes time *and patience to work over a big, established wisteria like this one. First step is to remove long green whippy stems, suckers, and buds on trunk*

Cut off *dried stems that carried last spring's flowers and still hold the old seed pods (the seeds are inedible)*

After pruning, *upper branch at left looke like this: some spurs shortened, others le intact. Buds will bloom in sprin*

JERRY FREDRICK

the summer months. On younger
nts you might want to leave a few
trategic places where they will favor-
y extend the plant's height or spread.
o watch for those young, future
er-producing side shoots growing off
n branches, and pinch them back to
to four leaves.

varmer climates, you can prune wis-
as quite heavily after the main spring
om to encourage a second but less
ndant crop of shoots that will pro-
e flowers later in summer. In fall,
r this second bloom, cut back new
ots to control the plant's size and
nulate new flowering wood. □

By mid-March, *flower clusters were approaching half size; they reached full bloom the following month*

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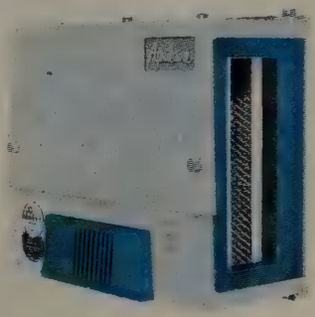

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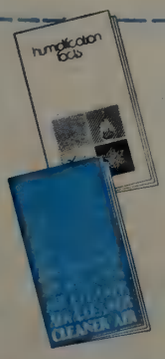

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TED DEJ

Clusters of grapes *ripen overhead on patio. Owner presses his ripe grapes outdoors in the crusher pictured abo Vines are trained up and over patio shelter (below), providing cool shade on hot summer afterno*

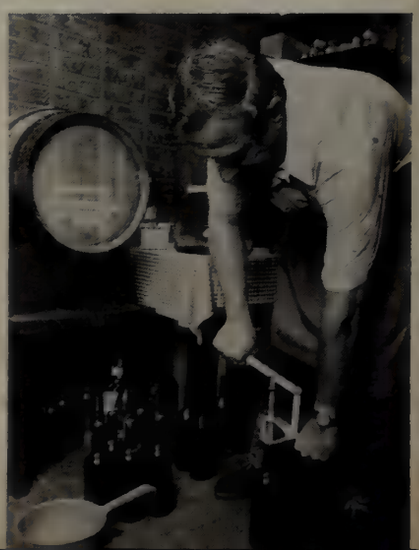
Six-year achievement... grapes grown, wine made in Westlake Village

For shade, fruit, and wine—Meo Zuech of Westlake Village in Southern California had three good reasons to plant grapes. In January 1972, he planted 12 one-year-old bare-root grape vines in clay soil along his southwest-facing patio. Every year since then, he has pruned the vines according to the technique described in the *Sunset Western Garden Book* and trained them up the patio covering. He watered the vines monthly during each year's dry season.

Mr. Zuech's 'Muscat,' 'Semillon,' and 'Thompson Seedless' vines now produce about 250 pounds of fruit each autumn. Thirty newer vines planted along a U-shaped 5-foot-h unshaded fence around three sides of the garden are j beginning to produce; these include 'Petit Sirah,' 'Caber Sauvignon,' 'Zinfandel,' 'Teroldego,' 'Lagrein,' and 'Mar mino' (the last three from northern Italy).

The grapes are crushed outdoors, but Mr. Zuech ferments juice, then ages, bottles, and stores the wine in a conver laundry-workshop in the northeast corner of the hou Fiberglass-insulated walls and an air conditioner help ke the air there as consistently cool as possible.

As in a commercial winery, *home vintner draws sample from aging cask with a wine thief (left), sniffs and tastes it (center), then transfers his finished product into bottles and corks them*



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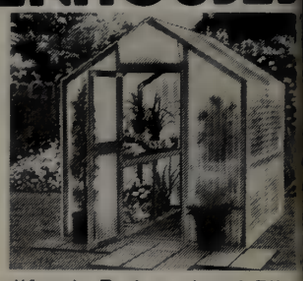

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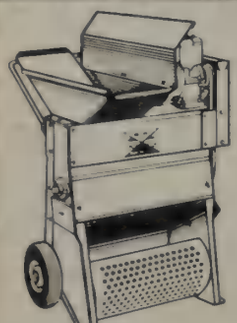

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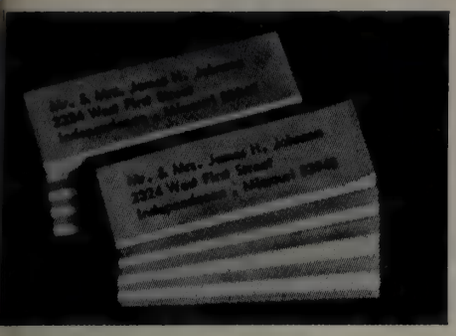

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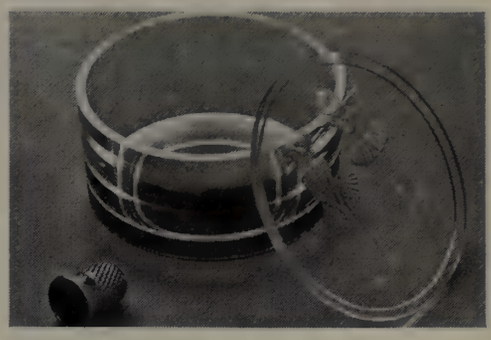

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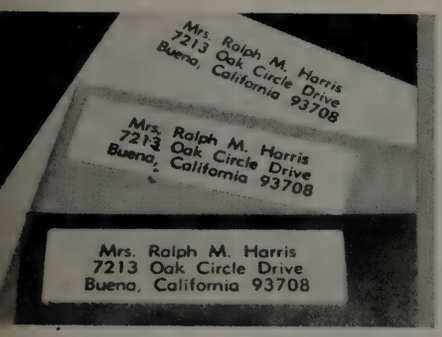

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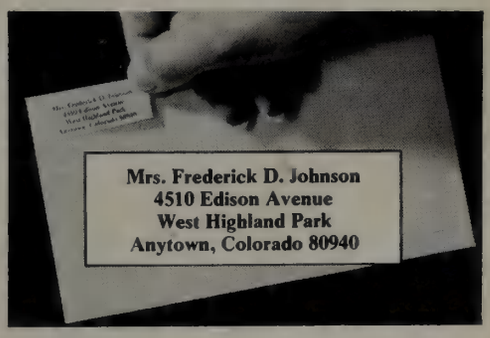

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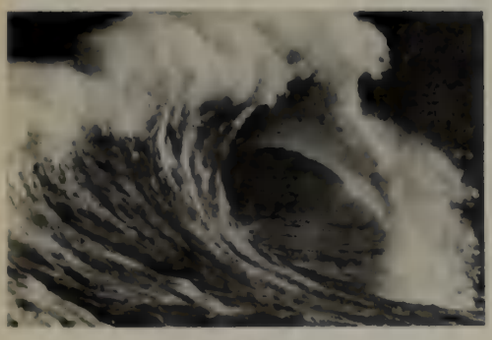

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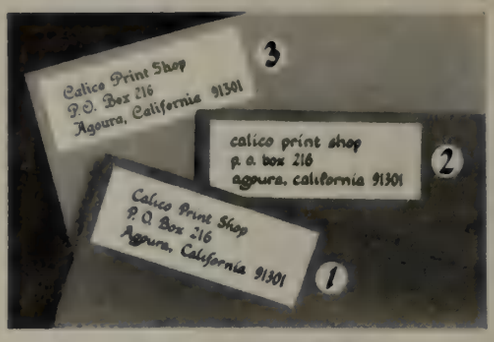

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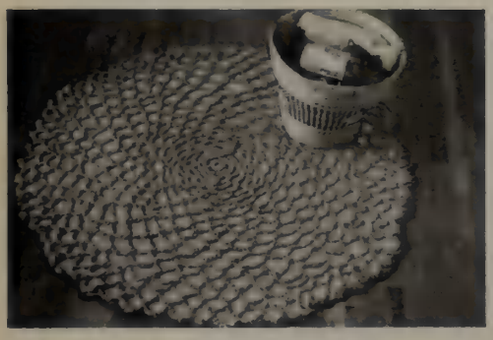

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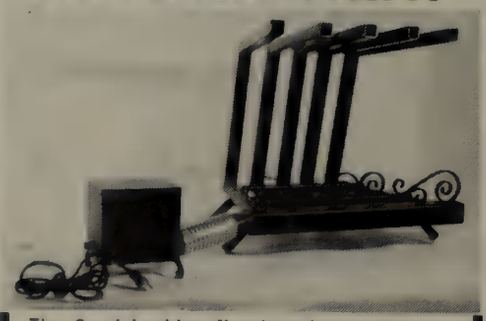

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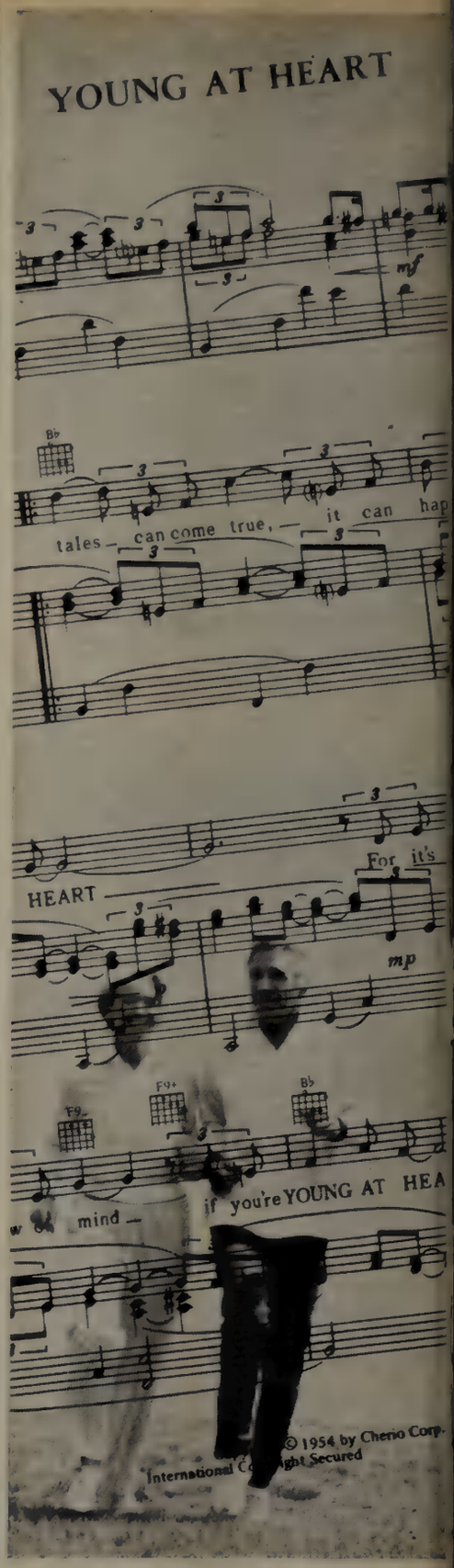

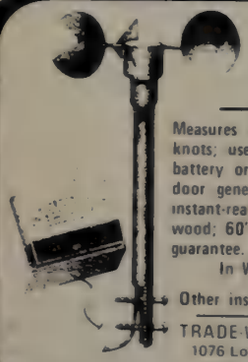

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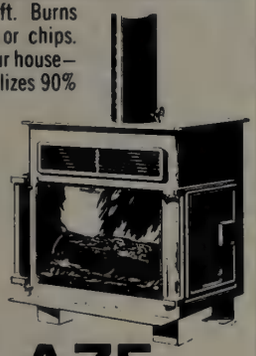

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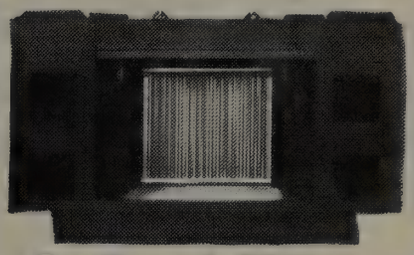

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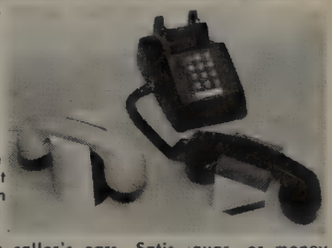

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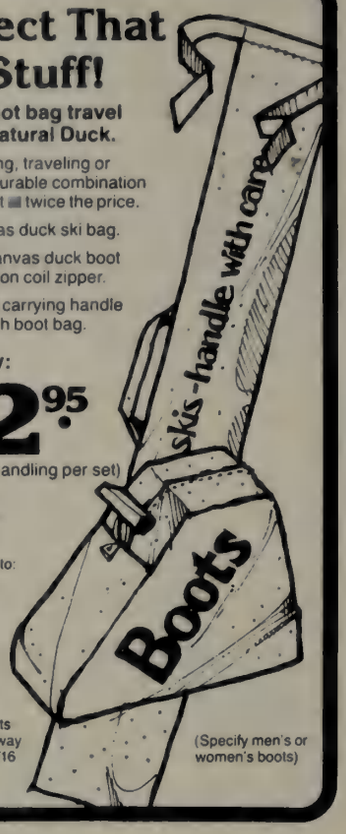

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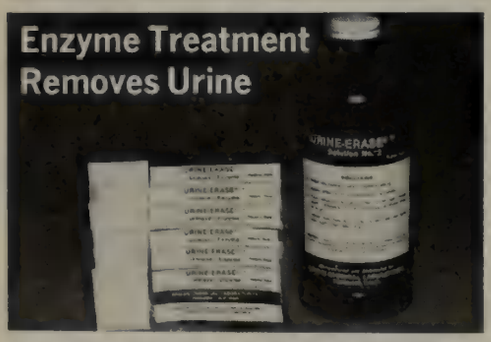

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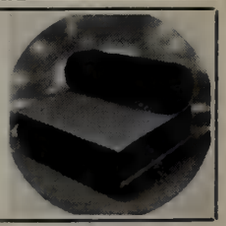

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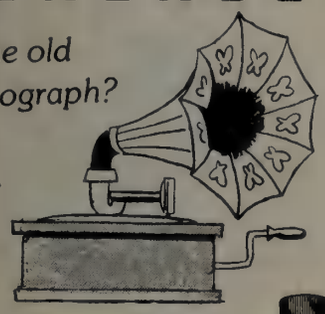

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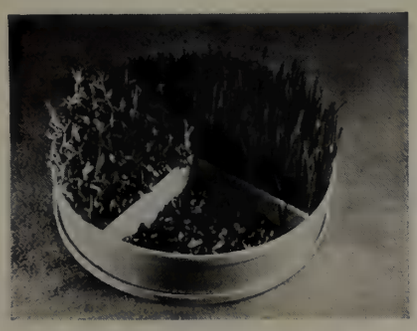

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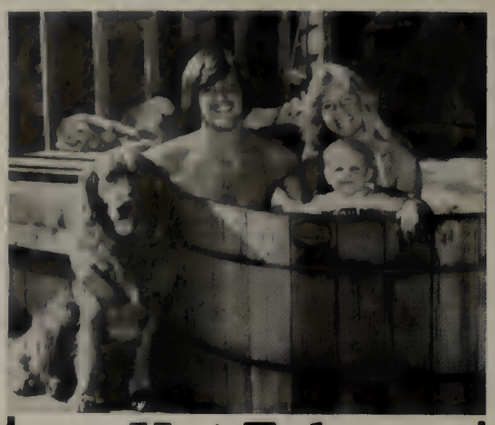

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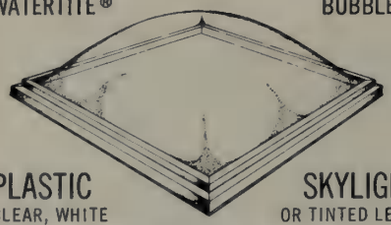

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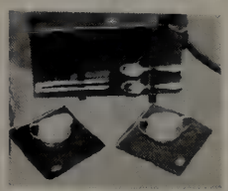

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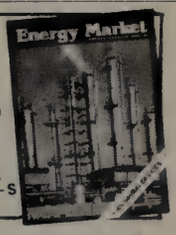

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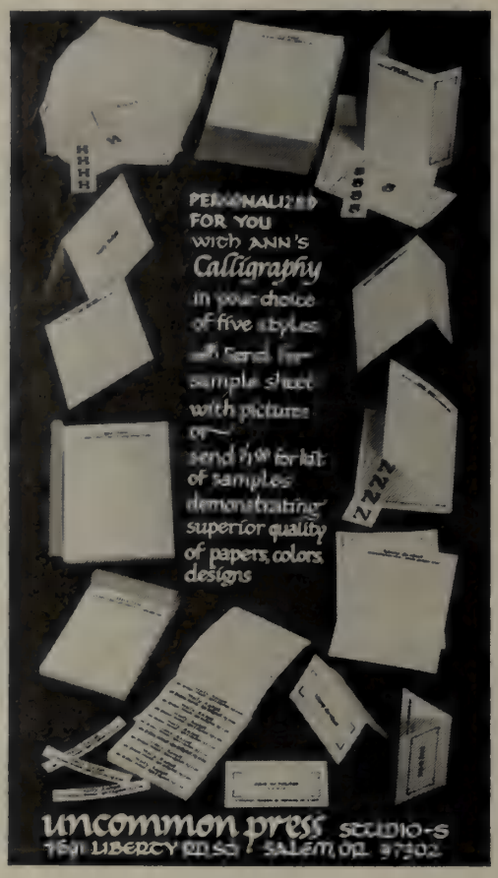

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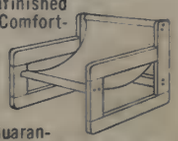

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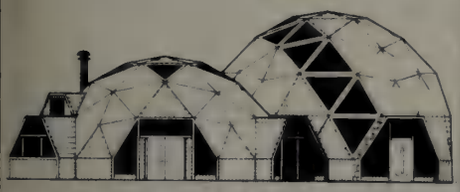

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LETTER FROM *Sunset*

We launch another new special-interest magazine

Westerners are fortunate to live in the country's most dramatically varied geographic region. And the climates allow us to explore and enjoy the terrain year-round.

This month, *Sunset* launches its newest special-interest magazine to help enrich your weekend and vacation travel experiences. We call it *Western Travel Adventures.*

The new publication covers the all-but-endless range of outdoor activity possible in the Western states, Western Canada, and Mexico—a year's worth of activities in one package. Subjects include river running, nature photography, tennis clinics, fiestas, ballooning, bike tripping, and more. Each article tells you *where* and *when* to go to enjoy the experience.

Western Travel Adventures is in part an updating and expanding of discoveries first introduced in the monthly *Sunset.* But much of the material is newly researched and not previously reported. We'll show you a sampling of the contents in next month's *Sunset.*

We began our annual and semiannual special-interest magazines several years ago in response to reader requests for more concentrated packages of information on several subjects that need frequent updating. They're intended to bridge the gap between *Sunset Magazine,* which reports monthly on the newest discoveries in several areas of family activity, and *Sunset* books, which take more in-depth looks at single subjects and remain on sale for a longer period of time.

The result: new and timely publications, freshly researched and carefully checked to reflect changing needs and tastes and to report changed and improved services, facilities, tools, materials, and knowledge.

In 1978 we will publish six issues of five special-interest magazines. *Western Travel Adventures* will be off the presses on January 9. *Western Campsite Directory* will be on newsstands this year on February 7. *Joy of Gardening* will next be on newsstands February 21. *Ideas for Improving Your Home* will be published twice this year, April 20 and August 17. And you'll next see *Christmas Ideas and Answers* on September 28.

Improving, Joy, and *Christmas* are distributed nationally. *Campsites* and *Adventures* are confined by their regional content to primarily the 13 Western states.

We expect our special-interest magazine effort to continue and to grow. And we hope and expect that our new *Western Travel Adventures* will bring rewarding experiences to tens of thousands of Western travelers.

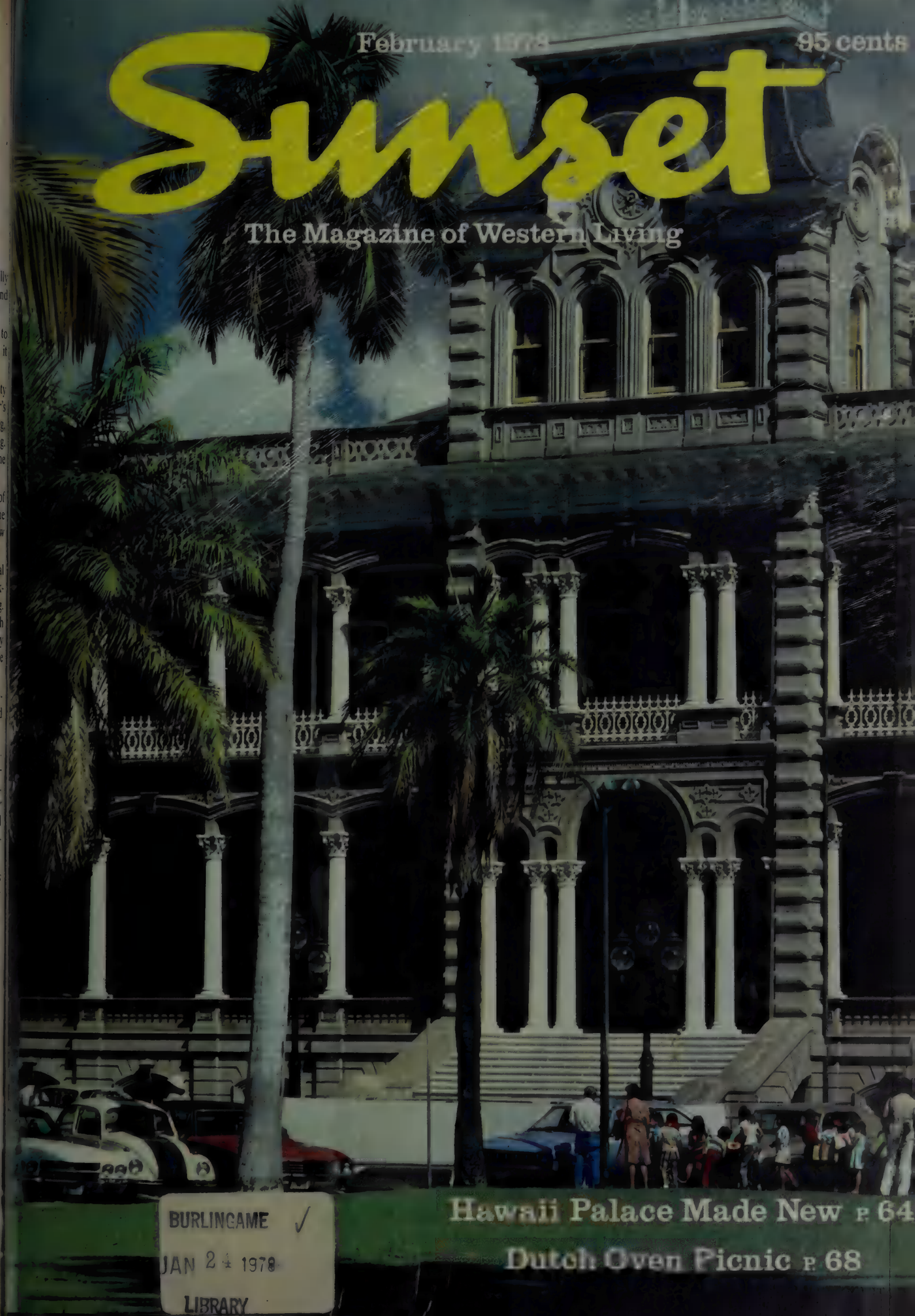
WINDOW ON THE WEST: *Bike camping*

A bike-camping family pedals down the northern California coast for a Big Sur weekend. An eight-page report in *Western Travel Adventures* takes a detailed look at cycling opportunities around the West. Your choices include urban bikeways, day trips (like California's Napa Valley wine country), routes in national parks (like the 33-mile loop around Oregon's Crater Lake), and fast downhill runs (like the 8-mile shot from Maroon Lake to Aspen, Colorado). The publication also gives reports on 47 bike-rental locations and gives 32 sources of maps and other biking information.

February 1978 95 cents

Sunset

The Magazine of Western Living



Hawaii Palace Made New p. 64

Dutch Oven Picnic p. 68

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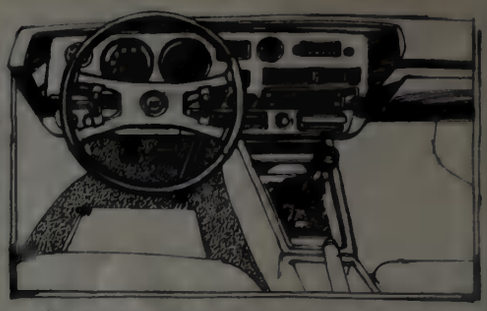
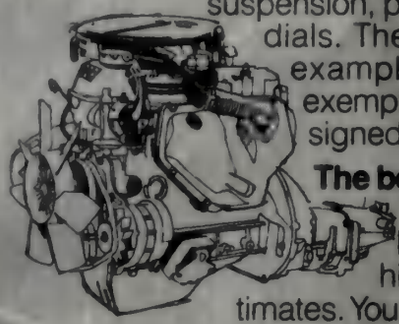


A beautiful car and a fine machine. The GT Liftback aerodynamics have contributed to increased interior room (4" at shoulders), stability, acceleration and efficiency. The handling formula includes MacPherson strut front suspension, power assisted front disc brakes, and steel belted radials. The Celica's cockpit instrumentation is a beautiful example of functional engineering. And comfort is exemplified by the reclining bucket seats with newly designed adjustable driver's seat lumbar support.



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Sunset* The Magazine of Western Living*
THE PACIFIC MONTHLY*

Central Edition Feature articles for February 1978

Apres-ski today in ramshackle old Truckee 44
Hawaii's lovely 96-year-old Iolani 64
Dutch oven hot picnics 68
Good-looking tables made with lumberyard lumber 70
One-soup and two-soup dinners from Nigeria 72
The great pipe organs of the West 74
Druh-*see*-nuhs—jungly house plants 78
Good cook's small kitchen 82
102 small space garden layouts in a new book 166

Travel

February travel in and beyond the West 5
New parcourses dot the Bay Area 18
Photo history of the Klondike 23
New link from hills to bay—Alameda Creek bike trail 33
Big city papers in the West invite you behind the scenes 34
Longest downdrop in the Rockies—Jackson Hole 38
Hiking, birding in Sunol 43
Après-ski today in ramshackle old Truckee 44
In Manila—a look into Chinese customs and tradition 46
Nature walk at Calaveras 50
Live beach creatures as bait for surf-fishing? 52
Help with RV repairs, rentals 56
Brochure romance, and the nitty gritty 58
February at the Huntington 62
Hawaii's lovely 96-year-old Iolani 64
The great pipe organs of the West 74
Which holiday might best fit you and yours? A new guide 76

Food and Entertaining

Dutch oven hot picnics 68
Soup dinners from Nigeria 72
*Sunset's Kitchen Cabinet** 110
Shellfish dinners for two—curry, ramekins, pesto sauté 112
Sandwich buns made with masa . . . 115
Three cheers again for sour cottage sauce 116
Easy marmalade, sweet to tart 121
From the "good cook's kitchen," delicious dinner 122
Dip fruit into melted chocolate . . . 124
*Chefs of the West** 126
Meat loaf in a breadbasket 132
Fruit cheesecake is tofu cake 134
February menus 136

Letter from Sunset:

New ways to save the old 188

Building and Remodeling

Good-looking tables made with lumberyard lumber 70
Good cook's small kitchen 82
Stair and rail ideas 84
Her purpose: make the small room seem larger 88
Two-car garage is now a spacious retreat for parents 92
Bedroom steals space from old bath 97
Compact dining space, pantry space 100
It's the island that makes this kitchen plan work 106A
Solar window from insulated screens 106D

Workshop and Craft Projects

Good-looking tables made with lumberyard lumber 70
Drawing table-desk is easy to make 82D
It says "Here's where we live" 90
End-of-the-shelf book holder 98
Their school years all in a row 102
Geometric, inexpensive bookshelf 104
*The Changing Western Home** . . 106B
Twirling animals above the crib . . . 108

Landscaping and Outdoor Building

Outdoor wall cabinet holds garden tools 155
"I wanted to transform the bits and pieces of garden space into outdoor rooms" 166
New, spacious deck entry 186

Home Management

Their school years all in a row 102
*The Changing Western Home** . . 106B
Cabinet holds garden tools 155
The mysterious world of hydroponics 158

Gardening

Druh-*see*-nuhs 78
February in your garden 142
It's time to think gooseberry 146
Pines of the West and the world . . . 148
Golden pothos big and small 150
Colorful, long-lasting—treat eucalyptus branches with glycerin 156
The mysterious world of hydroponics 158
The 1978 roses—eight Hybrid Teas, two Floribundas, one Climber . . 161
School month, classes, a clinic, camellia shows 162
For oyster fans, salsify roots 164
Why baby carrots are favorites 168
Dwarf fruit trees—in the ground, in a container 173
It's time to plant celery root 176

The Cover Story

Tall royal palms and shorter oil palms line the drive around Honolulu's Iolani Palace. The only royal palace ever built on U.S. soil, it has just undergone total restoration—from the cast-iron pillars to the slate shingle roof—making it this country's newest important museum. For a look inside, turn to page 64. Cover photograph by Glenn Christiansen

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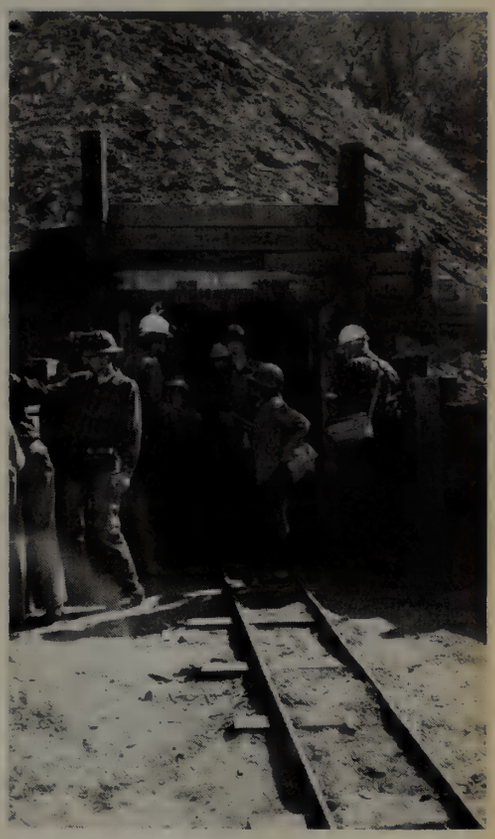
In shaft of old mine, *the pick marks left by miners some 100 years ago are still visible to these visitors*



Hard-hatted hikers *at Black Diamond Mines Preserve can go inside this sand-silica mine with a guide*

A 120-year step back to mining days in the East Bay

East of San Francisco Bay, mining was a vital industry in the 1850s. At that time the hills behind the town of Antioch bore the largest producing coal mine in the state. It was active for over 50 years and disgorged some 4 million tons of coal before the sand-and-silica miners took over.

Much of the old mining area is encompassed in the 3,433-acre Black Diamond Mines Regional Preserve, one of the newer East Bay regional parks. And now for the first time you can join a free guided tour, scheduled twice each weekend, through this park and into a section of the sand-silica mine shafts.

On the 2½-hour walk the park naturalist tells you about the history of the Black Diamond Mine (the largest company to work the area) and the boom towns of Somersville, Nortonsville, Stewartsville, and others that grew up here. You'll stop at the tiny cemetery where tombstones

One-mile trail *to the mine is fair introduction to the oak-studded, rocky hills and deep canyons within this historical area*

A welcome *from a pioneer Friend of Iolani Palace, Gladys Ainoa Brandt, and Governor Ariyoshi*

Opening the door to Iolani

We wrap up over two years of research, watching, and waiting with this month's cover story on Honolulu's Iolani Palace. From the Mainland and on the scene in Hawaii, we dealt primarily with two groups of people—those who could fill us in on the historical background of the building, and those who were concerned with its restoration (actual artisans as well as citizens' groups overseeing the work).

A third source of help, however, is shown at left. Hawaii Governor George Ariyoshi gave us a different perspective on the palace—what it was like in recent years as the state capitol, when the legislature met in the throne room and Ariyoshi's predecessors' office was in one of the royal bedrooms.

For a look at Iolani from the monarchy to the present, turn to page 64. □

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and their inscriptions testify to the har lives of the miners (most brought ov from the coal-mining districts of Wale and their families.

The high point of the 1-mile trek com when you don hard hats and turn c miners' lights or flashlights (all parl provided) for the walk into the shallo shaft of the sand-silica mine. (There a over 150 miles of shafts under this parl but all except this one section are seale because of possible hazard.) You'll he about mining techniques, see some pic marks left by the Welsh miners, ar walk into the Big Room, a 30-foot-hig cavern which may someday house mining museum and picnic tables.

Since the walk is open by reservatic only, it's best to call two weeks to month ahead; the number is (415) 75 2620. Air can be chilly in the mine shaf so bring a jacket; good walking sho will do for the well-graded hiking trail.

The park is about 10 miles east of Co cord, 3 miles south of Antioch. To g there from State Highway 4, take tl Somersville Road exit and go south the road's end. Walks begin here ea Saturday and Sunday at 1:30.

There are 20 miles of trails in the da use park to hike on your own (bri water) and over a dozen picnic tables.

Ben Hur lives—in Nevada, at the Elko chariot races

The second annual Elko chariot rac are scheduled for the February 11-1 weekend. More than 50 teams fro Idaho, Nevada, Utah, and Wyoming a expected to compete for the pri money. Each two-horse chariot, son with costumed drivers, will tackle tl 1½-mile course in a series of two-tea heats both days.

Racing begins each day at 1 P.M. at tl fairgrounds at 13th Street and Bur Road. Admission is $2.50 for adult $1.50 for children 10 to 17, under 1 free. The event is sponsored by the Elk Jaycees to fund community projects.

Elko is on Interstate Highway 80 northeast Nevada.

New Golden Gate Park bus

One answer to Sunday parking problen in Golden Gate Park is a new 5-ce shuttle bus that runs from Kezar St dium parking lot down Kennedy Dri (closed to autos that day) to the Mus Concourse, and back. The Muni bus run every 10 minutes between 10 and Connecting lines are number 5 Fulto number 10 Monterey, number 21 Haye and numbers 71 and 72 Haight-Norie and Haight-Sunset.

El Dorado's pioneer families tell stories of gold rush days

Descendants of the forty-niners in El D rado County have recounted the person

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For travel planners, a February check list

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Natural expeditions. Throughout the year you can join educational outings emphasizing natural history and anthropology. For example, from February through April: 9 days around the Pacific lagoons of Baja, $590; 10 days studying the natural history and marine biology of the Sea of Cortez, $650; 10 days of seeing the birds and plants around San Blas and Mazatlan, $540. (Air fare is additional.) For information on these worldwide outings, write to Nature Expeditions International, 599 College Ave., Palo Alto, Calif. 94306.

Red Sea diving. May 13 you can join a 15-day expedition to Aqaba, Jordan. In addition to beach picnics and leisurely 20 to 80-foot dives to view the colorful fish and coral there, you'll take side trips to Lawrence of Arabia's fortress and the ancient city of Petra. The $2,968 cos includes round-trip air fare from the West Coast and all expenses except personal items and diving gear. For details on this and other diving trips to the Caribbean and the Pacific, see a travel agent or write to See and Sea Travel Service, Inc., 680 Beach St., Suite 340 San Francisco 94109.

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cheerfully will send complete information, including rates, reservations, and accommodations, upon request.

Index of Directories

School and Camp Directory is the first of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

TRAVEL DIRECTORY
beginning page 12

WESTERN GROCERY DIRECTORY
beginning page 120

GARDEN CENTER
beginning page 170

SHOPPING CENTER
beginning page 174

Sunset School & Camp Directory

Camps

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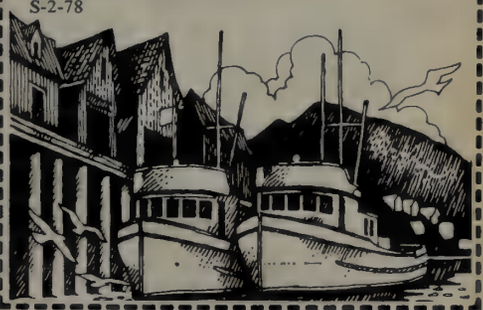

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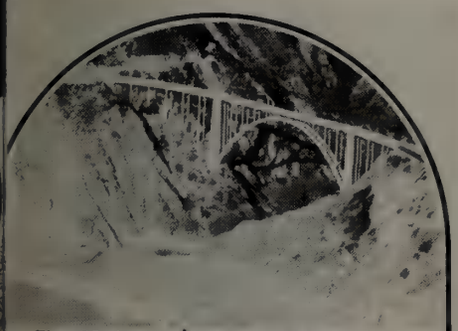

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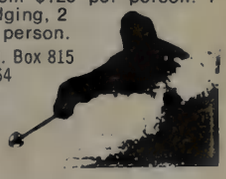

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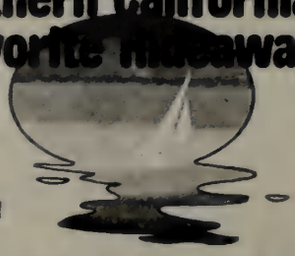

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TRAVEL DIRECTORY IS CONTINUED ON PAGE 23

STEVE W. MARL

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New parcourses dot the Bay Area

Jogging and exercise paths called pa courses continue to spring up all over th Bay Area since our first report on the in August, 1975. At stations dotting eac 1 or 2-mile course, large signs instru you on the proper way to perform suc feats as the log hop, leg stretch, or jum ing jack. The sign also gives the par, number of exercises, to do at your phy ical fitness level.

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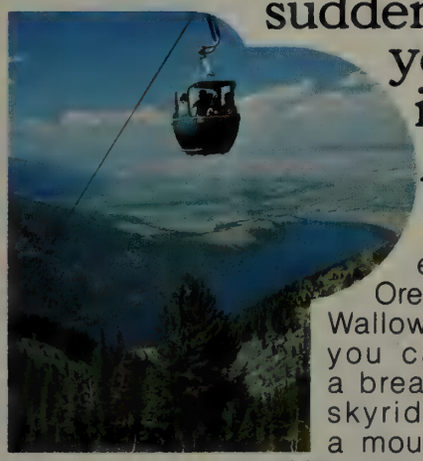

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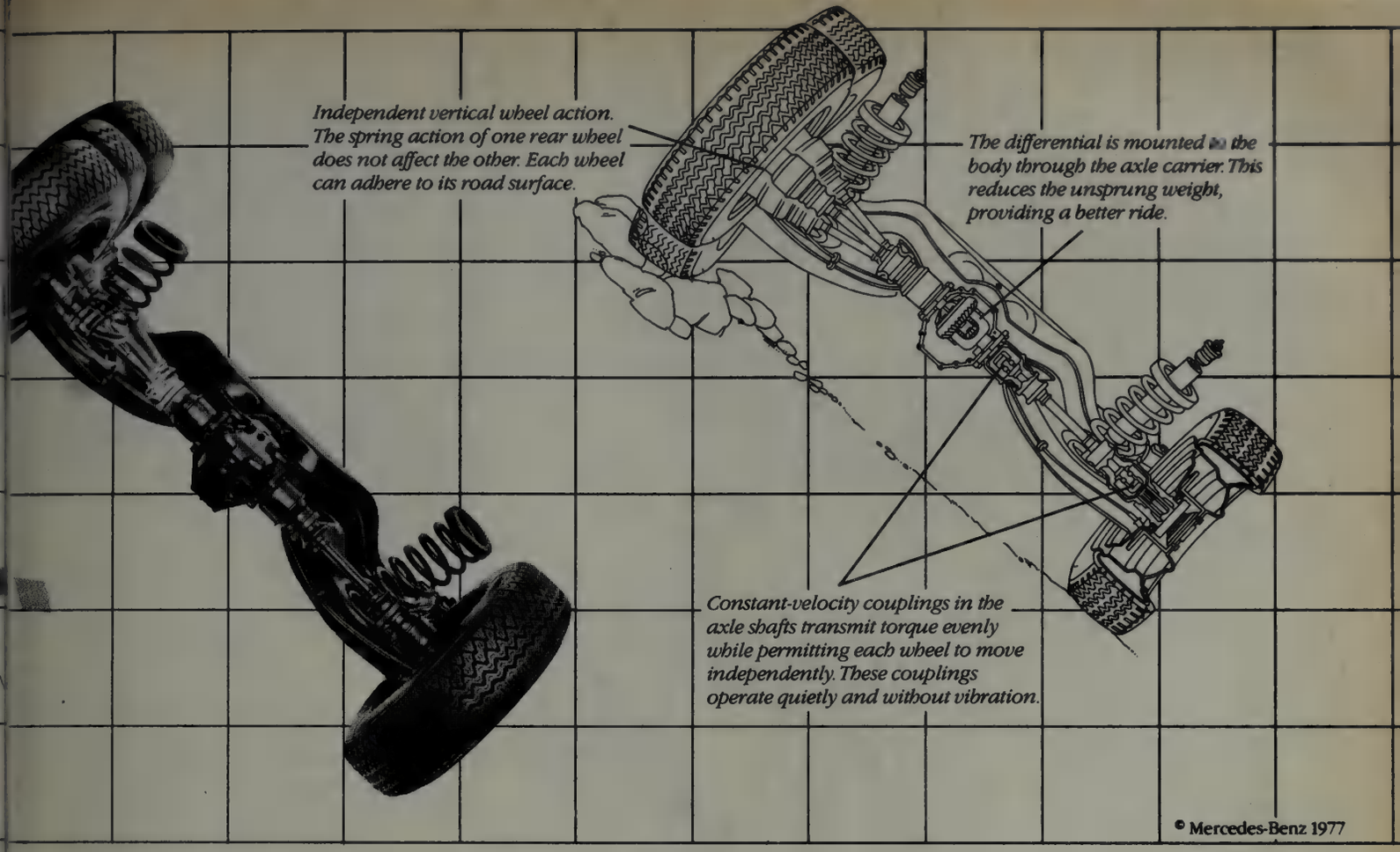

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931 Mercedes-Benz engineers ınched a new era of driving comfort, formance and safety by introducing heel independent suspension. For next 46 years they continued to dify and improve this revolutionary cept in the quest of perfection. Their ievements are reflected in the new cedes-Benz automobiles of today.

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954 Mercedes-Benz introduced le-joint swing axles to passenger . This gave the driver a surer feel of road. It also let a Mercedes-Benz nimbly, up and over brutal bumps around tight curves with much less smitted vibration.

n 1961 air suspension with auto- c level adjustment was engineered the 300 SE sedans. It eliminated more vibration and added an even smoother ride. In 1968 diagonal-pivot swing rear axles with four constant-velocity couplings were designed in to keep that smooth ride constant.

Then in 1972 Mercedes-Benz introduced zero-offset steering on the front suspension of the 450 Series sedans. This helped straight-line tracking under heavy braking conditions and provided more precise steering control in emergencies like blowouts.

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Photo history of the Klondike

r some, the lure of gold was an irre-ible temptation. *The Last Grand 'venture,* by William Bronson with :hard Reinhardt (McGraw-Hill Book mpany, New York, 1977; $24.95), s of one of history's greatest stam-les for instant wealth—the Klondike d rush of 1898. This hardbound, ge-format book is more than a chro-ogy of the search for Yukon gold: It's letailed photographic documentary of saga of 100,000 pilgrims in quest of sive riches.

rtions of the book deal with other gold ikes in Alaska at Nome and on the ward Peninsula, but for the most part s is the story of the Klondike.

e richness of the 232-page book lies the historic realism of more than 500 otographs. Bronson's research has un-thed a number of unusual gold rush nes, showing everything from steam-unloading at Skagway and the jour-y to the Yukon, to the mine camps d the people who lived in them.

attered through the book are 15 sub-ctions (called "Great North Albums") hich amplify various aspects of day-to-y life. Along with striking portraits of miners and the entrepreneurs who ok their gold, there are studies of na-e Indians and Eskimos in full cos-me. Some sections show the routine ores like sawing lumber ("The Arm-ong Sawmill") and the challenges of orking a claim. Others show dangers of e trail (including avalanche) and the omen of Paradise Alley.

ong with the pictorial record is lively t chronicling the gold rush, much of gleaned from letters and diaries of the d sourdoughs. Liberal use of these eye-tness accounts, combined with the old otographs, leaves you with a feeling at you were really part of this final and adventure. □

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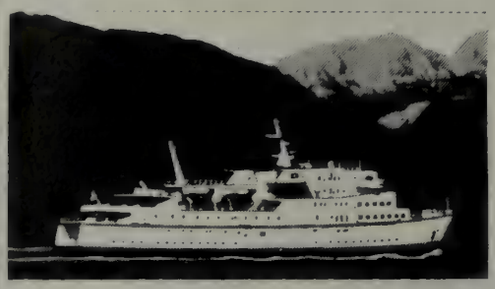

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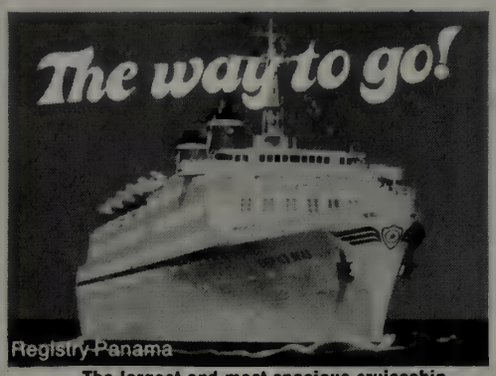

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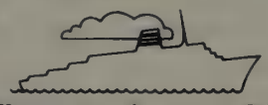

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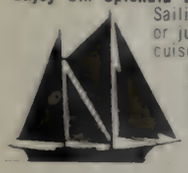

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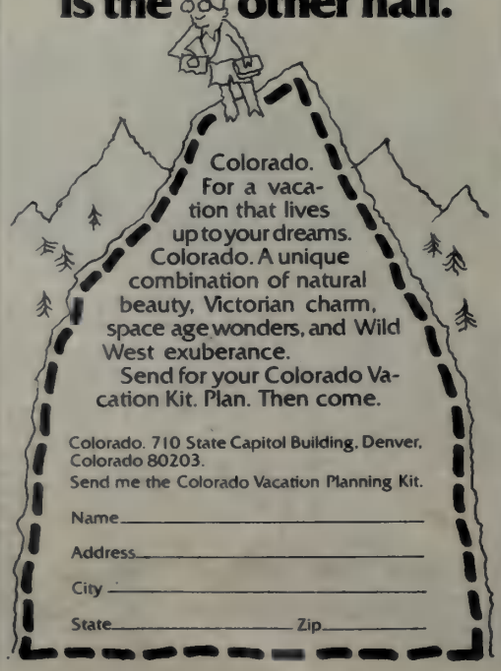

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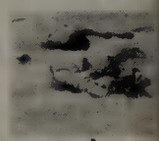

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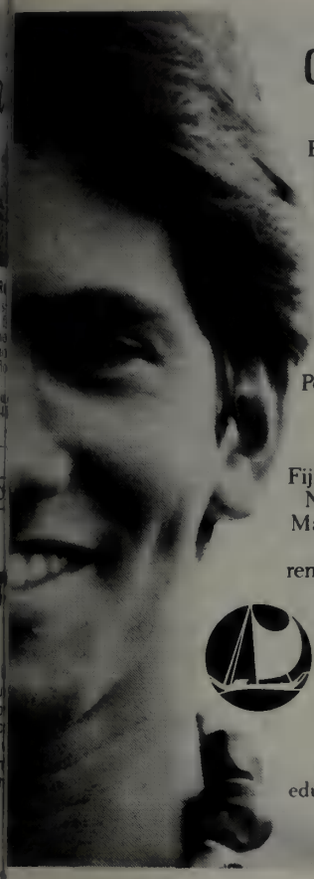

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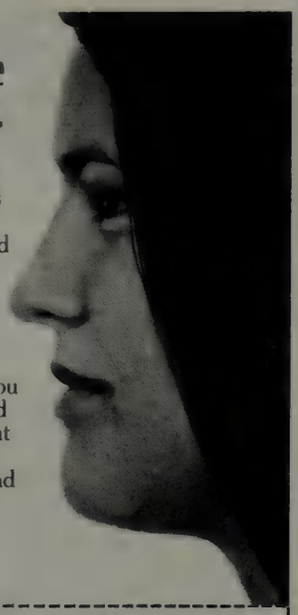

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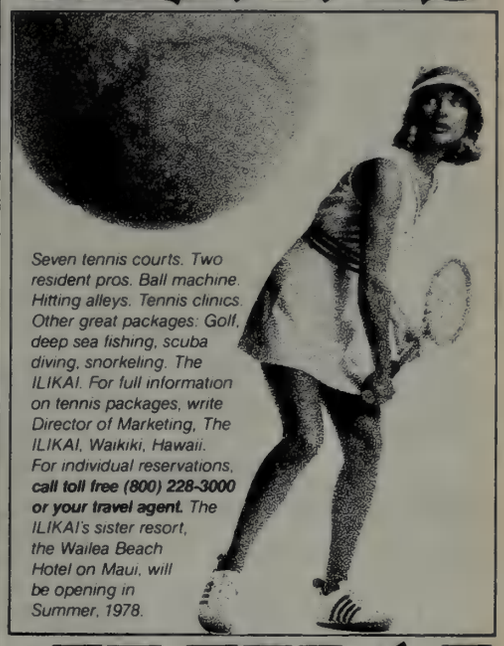

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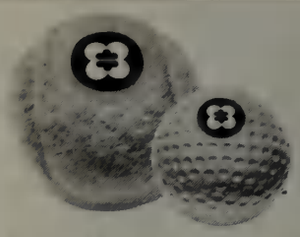

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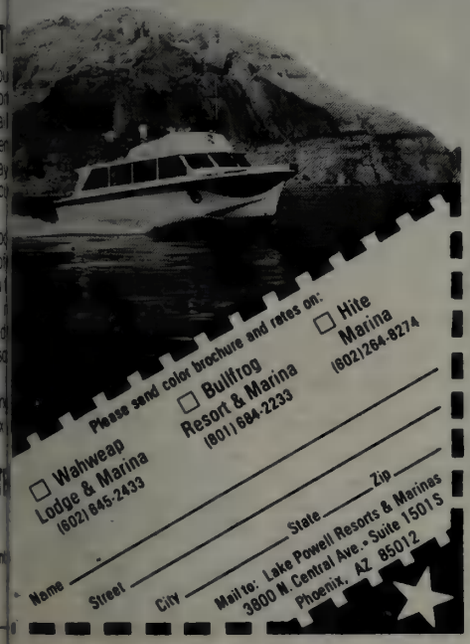

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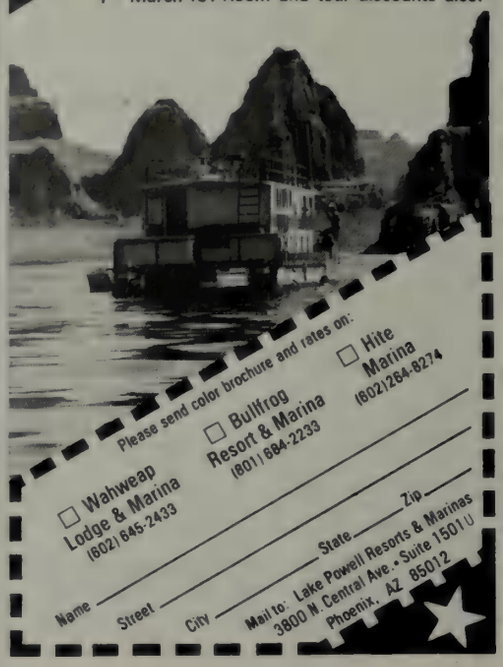

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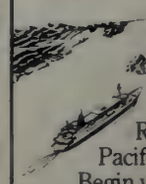

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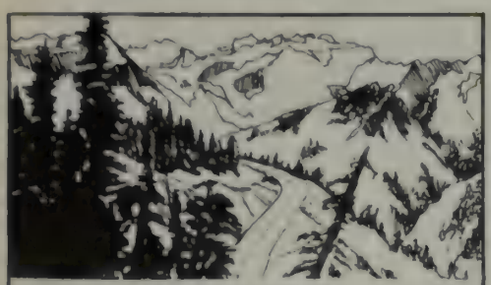

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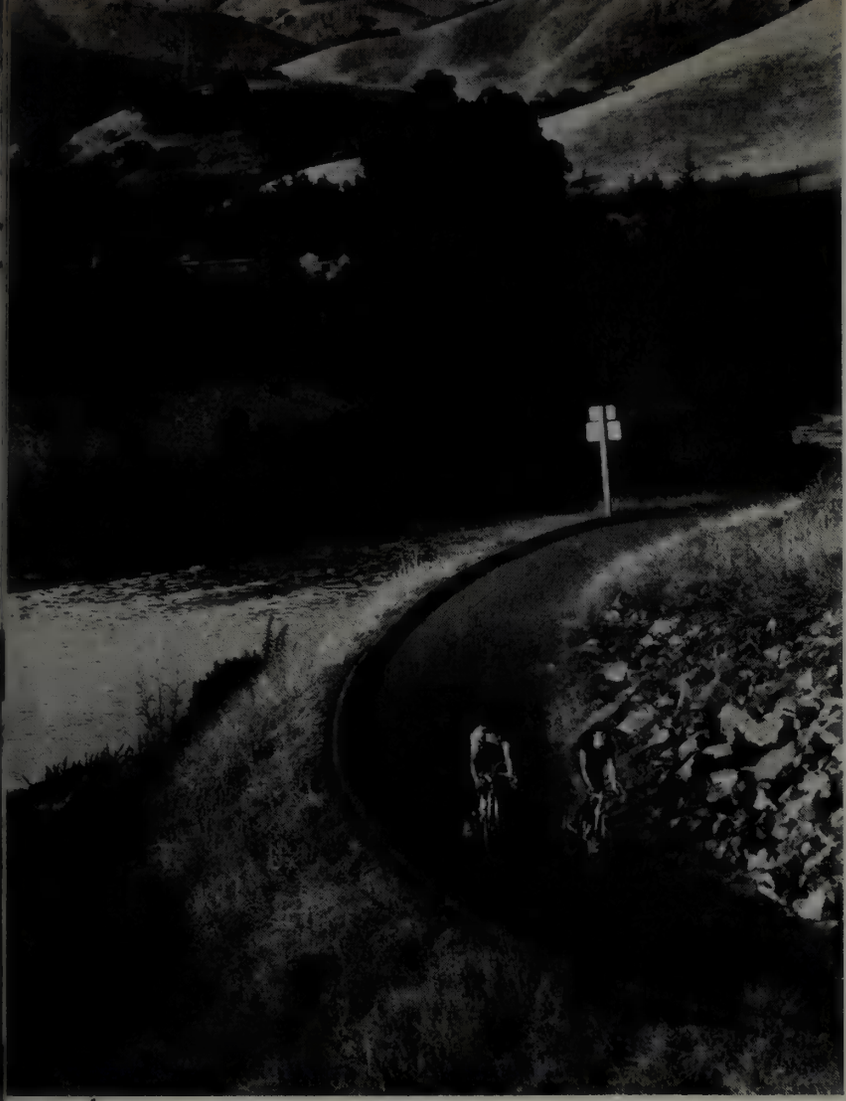


REGG MANCUSO
Curving along *the south bank of Alameda Creek as it emerges from Niles Canyon, two bikers head for the Bay*

Herring gulls? *Edge of salt ponds at Coyote Hills is detour off trail; this stretch should offer good bird watching*

It may lack elegance, *but this creekside picnic in Niles Canyon makes a pleasant break on a round-trip bike ride*

New link from hills to the Bay... Alameda Creek bike trail

Meandering gently down from the mouth of Niles Canyon into San Francisco Bay, Alameda Creek is a premier causeway for bicyclists, hikers, and equestrians. Along its southern bank is an oiled gravel bike path; on the north side is a gravel horse trail; hikers frequent both.

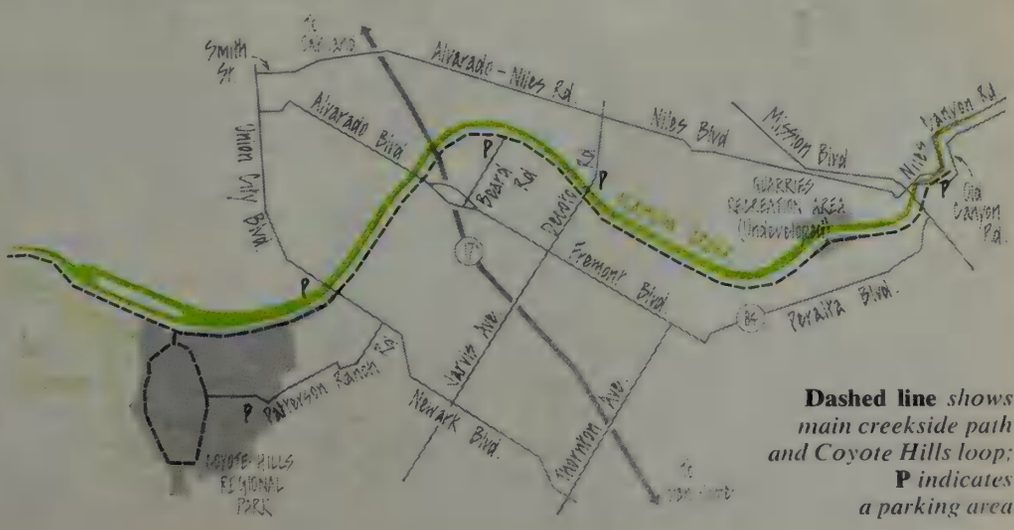
The trail by the creek (here properly called the Alameda County Flood Control Channel) is also the first of a planned series of urban trails that will link trails in the East Bay hills with a proposed bayfront trail. Right now the creek trail ends at the Bay.

The map at right shows the entire 11½-mile trail, along with the 3½-mile Bayview Bike Trail looping through Coyote Hills Regional Park. Gung-ho high-speed bikers are advised to pedal elsewhere or be prepared to dodge bird watchers studying egrets, herons, and migratory birds that should be in residence this month.

For most of its length the creekside path is almost level; the rise at the east end is gradual. Allow 2 to 3 hours for a one-way trip. After 2 P.M. it's usually wise to head from Bay to canyon, to keep the occasionally strong afternoon winds at your back.

Along the route you may notice inflatable sausage-shaped rubberized fabric dams across the creek—impounding water that can be pumped into nearby quarry excavations to replenish depleted ground water. These quarry areas will gradually be made into water-oriented parks; the first one (see map) may be open this summer.

Coyote Hills naturalists schedule a variety of interpretive programs and guided excursions every weekend, and on February 12 will lead a bike hike along the Alameda Creek trail. Telephone (415) 471-4967 for reservations and for information on other programs. □



Dashed line *shows main creekside path and Coyote Hills loop;* **P** *indicates a parking area*

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In the city room *of the Los Angeles Times, 120 reporters and editors put out four daily editions; your guide explains the step-by-step proc*

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At the Denver Post: *lead printing plates cast from cardboard mat*

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Each roll *of newsprint weighs 1,600 pounds; the San Jose Mercury-News uses 225 rolls daily*

Some big city papers in the West invite you behind the scenes

The spotlight on media practices and personalities in recent years has whetted public curiosity about how news is gathered, reported, produced. As a result, many newspapers in the West open their doors to public tours for a guided look at how a daily paper is put together.

Here are 10 of the largest metropolitan dailies offering tours (check at your local daily or weekly paper for tours that might be closer to home). At most of these, you see the complete typewriter-to-presses cycle in the production of a paper. All the tours are free, though most require a reservation, and sc ask that children be at least 7, 8, 10 12 years old.

Inside the news room (or city room) many papers, the clatter of the ty writer has been replaced by the flash the computer terminal; editors silei review each article, deleting or add prose with the touch of a button.

Some tours also take you into the pr room, where massive rollers feed 6-m long rolls of newsprint into scream presses.

Denver Post, 650 15th Street. Second-lar circulation in the West; 45-minute tour includes composing, photoengraving, ne and press rooms. Monday through Satur hourly, from noon to 3. Groups must ma reservations, (303) 297-1437. Minimum age: 8 years.

Honolulu Advertiser and *Honolulu Star-Bulletin*, 605 Kapiolani Boulevard. Entir computer-based news operation. Tour la 75 minutes, given by the Hawaii Newspa Agency, Monday through Friday; call (808) 525-7660 for reservations.

Idaho Statesman, 1200 N. Curtis Road, Boise. All-electronic news room (using computer terminals); tour of all facilities lasts an hour, given Monday, Wednesday Friday, and Saturday. For reservations, c (208) 377-6395 one week ahead. Minimu age: 8 years.

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The Oregonian/Oregon Journal, 1320 S. Broadway, Portland. Slide show and lect precedes tour of press rooms and offset press equipment. Tour lasts an hour, held Tuesday and Thursday at 1 P.M. For reservations, call (503) 221-8336 at least two months ahead. Minimum age: 12 ye

Phoenix Republic and *Gazette*, 120 E. V Buren. Short slide show begins tour, then you see news room, composing room, modernization of print techniques. Tour lasts 70 minutes, given Monday through Friday at 11 A.M. and 12:30 P.M. For reservations, call (602) 271-8668 two wee ahead. Minimum age: 12 years.

Reno Evening Gazette and *Nevada State Journal*, 401 W. Second Street. Newspap morgue, press room, and paper warehou are included on this 1-hour tour, conduct Monday through Friday between 8:30 a 3:30. For reservations, call (702) 786-89 extension 266, two weeks ahead. Minimu age: 7 years.

Rocky Mountain News, 400 W. Colfax, Denver. Recently expanded and convert to a computer-based operation. On the 1-hour tour you'll see all departments, including advertising and editorial. Tour are given Monday through Friday at 10, and noon. For reservations, call (303) 892-5282 at least two weeks ahead. Minimum age: 10 years.

San Diego Union and *The Evening Trib* 350 Camino de la Reina. A movie begins this 1 to 2-hour tour which takes you to t wire room, press room, loading dock, an other facilities. Given Monday through Friday by arrangement; call (714) 299-3 extension 1151. Minimum age: 10 years.

San Jose Mercury and *News*, 750 Ridde Park Drive. A look at some antique prin equipment begins the 1-hour tour, then y watch the complete production process including pasteup, printing, shipping. To held Monday through Friday at noon an 1:30; call (408) 289-5535 one week ahea for reservations. Minimum age: 12 years

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questions you're bound to have about owning a Motorhome. Such as, what's it like to drive? To have serviced? To store? To live in?

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KEITH GU

Lone skier *skims past snow-plastered firs and grand vistas down open slopes of 10,450-foot Rendezvous Mountain*

Longest downdrop in the Rockies . . . Jackson Hole

Blessed with abundant powder snow, the longest vertical drop in the country, and a reputation for friendliness and uncrowded slopes, Jackson Hole resort gives downhill skiers something else as well: spectacular alpine scenery unsurpassed anywhere else in the Rockies.

Imagine Wyoming's famous Grand Tetons—those stunning towers of rock thrusting straight up from the valley floor—and you begin to get an idea of what Jackson is all about. The resort is just a few miles south of "the Grands" surrounded by peaks only slightly less abrupt. Its aerial tramway climbs right up the face of one rocky summit—10,450-foot Rendezvous Mountain—to the top of Jackson's famed 4,139-foot "vertical."

The tram, four double chairlifts, and one triple chair open up more than 6 square miles of skiable terrain. Much of it lies above timber line, giving experienced downhillers endless opportunities to chart their own descent through miles of steep, untracked powder.

Compared to the rounded summits and relatively gentler runs of many Color resorts, Jackson is a distinctly vert place that reminds you more of the A than anywhere else. No wonder it en a reputation among serious skiers as most challenging mountain in the We

But it's not all long, steep, thigh-bus runs through hip-high powder. Over Après Vous Mountain, beginners intermediates will find plenty of ea terrain: shorter, gentler runs and w groomed routes through quaking as and pine woods.

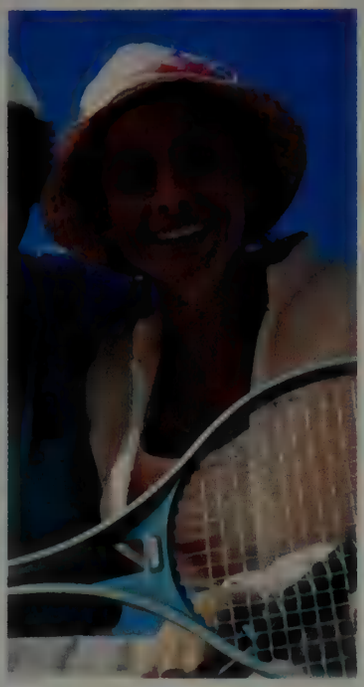
Midmorning sun *strikes the steepled tram station as skiers head for high runs*

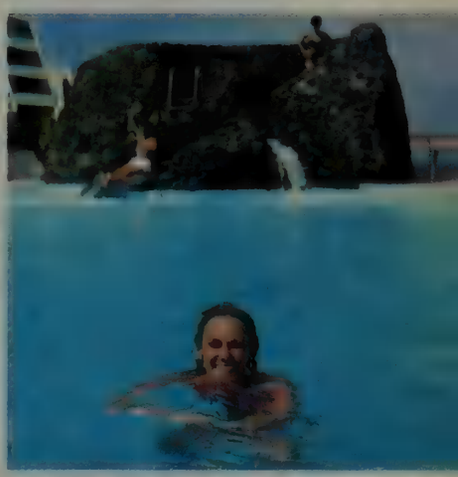
Night life, wildlife

Like other major ski resorts, Jack Hole (and the "old West" town of Ja son 12 miles away) offers plenty of ap ski activities—good restaurants, salo music, dancing, a variety of shops, door tennis, outdoor swimming, and skating. But unlike many resorts, Ja son lies on the edge of a huge wilder rich in wildlife, scenery, and solitude.

You can join a one-hour sleigh through a nearby national elk refuge per person) where herds numbering the thousands winter every year. can sign up for a guided cross-cou ski trek into Grand Teton National P for glorious views of its namesake pe and a chance to see moose, coyote, other wildlife (about $10 per half-

Hawaii. Get away to it all.





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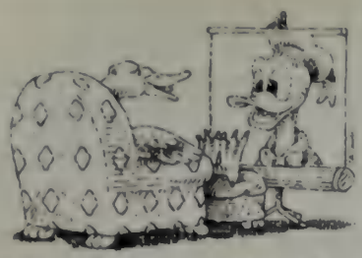
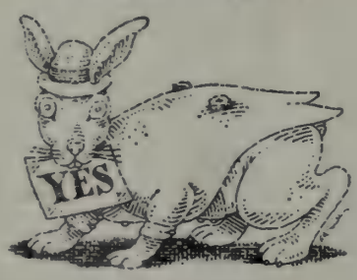


You could borrow a classic film,

get help finding a job,

stay in shape,

trace your family tree,



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KEITH GUNNAR

Dip *in heated pool is perfect antidote to stiff muscles, frigid temperatures*

including equipment rental); extended overnight tours are also available.

Or you can join a tour of Yellowstone Park, 50 miles away, for more wildlife-watching, snow-coach rides to the Old Faithful geyser area, and cross-country skiing. A one-day Yellowstone outing from Jackson Hole costs $39 for adults, $23 for children 12 and under. Overnight package tours are also available.

Back at the resort, you can hire an alpine guide to lead you over back-country downhill routes far from other skiers ($5 an hour for one person, less for each additional skier). In the spring you can go helicopter skiing among the open bowls and peaks in four unspoiled mountain ranges ($95 a day).

Getting there

Jackson is just a little harder to reach than many other well-known Western resorts, which helps insulate it from big crowds. You can fly there from any m jor Western city, but not directly. I route you must transfer to Frontier A lines in Salt Lake, Denver, or Billin and then continue to Jackson. Samp round-trip fares: from Portland or S attle $174, San Francisco $154, Los A geles $150, Salt Lake City $80, Denv $120, Albuquerque $155. (It's a lo drive to Jackson—about 19 hours from Seattle, Portland, San Francisc and Los Angeles.)

Ski-week packages including sev nights' accommodation, six days' cha lift tickets, and a half-day ski lesson b gin at $95 per person (four-person hos room). It's about $170 a person (doub occupancy) at full-service inns, me not included.

For snow conditions and other inform tion, write or call Teton Village Assoc tion, Box 220, Teton Village, Wyomi 83025; (800) 443-6931.

You can watch—*and possibly join—informal broom-ball games on the resort's rink*

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Hilton Hawaiian Village

CAROLYN CADDES

yon View *trail hike ends at rocky t cave in Sunol Wilderness*

iking, birding . . . winter in Sunol

ter can be beautiful in Sunol Re-al Wilderness east of Fremont, Cali-ia. Rains green up the hills and zes swirl over the ridgetops.

ls abound—turkey vultures and red-d hawks soar above; orioles, juncos, towhees alight in the trees. (Free and tree guides are available at headquarters.)

st of the park's 25 miles of trails are le, but you can hike up 1,360-foot Hill or 1,688-foot Maguire Peak a better workout. Some trails take over fence stiles, a reminder that 3,475-acre park was once a ranch still has grazing cattle.

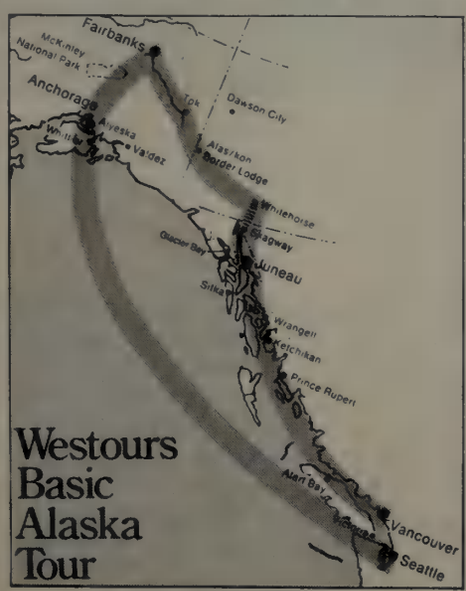
easy, scenic trail is the 1½-mile yon View Trail. It runs briefly along all creek, then up over grassy hills through oak forests. At its end is a oot-deep fault zone cave—a wide in the earth running along one of area's many faults.

s month you can take a ranger-led hike up to the cave area and n about its geologic history; for date time, not set at our press deadline, (415) 862-2244.

re are 10 primitive campsites. Use is $1.50 per night; no reservations. s must be on a leash in camp and ic areas but can be taken off the n on trails.

ol Regional Wilderness is about 22 s northeast of San Jose. From Inter-e Highway 680, take the Calaveras d exit southeast to Geary Road, turn and continue 1½ miles to the park ance. On weekends and holidays e's a 50-cent parking fee. □

Margerie Glacier, one of the world's slowest moving waterfalls. The Monarch Star, one of Alaska's most spacious cruise ships, registered in Panama.



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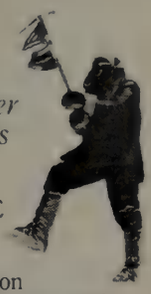
—Jim Whittaker for Westours



JIM WHITTAKER WAS THE FIRST AMERICAN ON MT. EVEREST. He is the leader of the 1978 American Expedition of K2, the world's second highest mountain. Last summer, he and his wife, photographer Dianne Roberts, toured Alaska and cruised the Inside Passage with Westours, Alaska's most experienced guide.

I climbed Mt. McKinley in 1960. But I've never seen Alaska from this angle before. Cruising the Inside Pas sage and touring Alaska with Westours have got to be two of the greatest adventures left in the world today.

To us, Glacier Bay was undoubtedly the highlight of our classic, 1,000-mile cruise through the Inside Passage aboard the Monarch Star.

There were harbor seals, humpback whales, gulls and goats on the cliffs above. Bald eagles soared for us—hundreds of feet above the sea. And a killer whale leaped completely out of the water.

Near Juneau, we hiked around the Mendenhall Glacier with some folks who had never seen snow before and enjoyed a cool one in the Red Dog Saloon.

Two things we wished we had done, but just ran out of time: Traced the Gold Rush Trail of '98 aboard the narrow-gauge White Pass and Yukon Railroad to Whitehorse; and visited the Arctic Eskimo land.

We visited Anchorage, the Mata nuska Valley and Portage Glacier.

I'm convinced now that if you have a limited time to see Alaska, a tour like this one is the way to go. You hit the high spots with absolutely no waste of time.

Whether you're traveling Alaska or climbing Mt. Everest, my advice is to go with the most experienced guide you can find. I went with Westours.

WESTOURS is the oldest and largest cruise and tour operator to the last frontier. If you'd like to take the trip Jim Whittaker took, or one of the many others from 7 to 26 days, see your travel agent. Or write for Westours' cruise-tour brochure: Westours, Dept. W-11, 100 West Harrison Plaza, Seattle, Washington 98119. **Westours**

Chilly morning *on Commercial Row finds two passersby studying omelet menu outside Squeeze Inn*

Après-ski today in ramshackle old Truckee

There's more to Truckee today than meets the eye. Gateway to Tahoe's North Shore and California's largest concentration of ski resorts, the ramshackle old town has been pulling itself up by the bootstraps.

Those rather desperate-looking brick façades and clapboard false-fronts crowded into the single block of Commercial Row opposite the old depot now house a lively assortment of snacking places, specialty shops and boutiques, an espresso coffee house, a couple of promising delicatessens, a well-stocked sporting goods store, and several good dinner restaurants. There's a public parking lot at the rear of the businesses.

Even the old Truckee Hotel (budget-minded skiers of a decade ago may remember the naked-lightbulb/flophouse-type rooms when it was called the Alpine Riverside) has been transformed into a Victorian charmer with new carpeting, antique furniture, and a pleasant dining room graced by crystal chandeliers.

As yet the metamorphosis of Old Truckee from desolate mountain town into lively après-ski center has not diluted its old-time flavor. Renovated interiors along Commercial Row and Bridge Street are home-grown, owner-inspired and built efforts reminiscent of pioneer days. Restaurants with names like Grey's Toll Station and Coburn Station (family-style Basque food) recall the lusty railroad-and-timber origins of the town. The prestigious La Vieille Maison restaurant on Bridge Street by the river proudly informs its patrons that the building it occupies was once a notorious bawdy house.

Shop hours are erratic and depend on the day, weather, and mood of the proprietor. The liveliest times in Truckee are winter weekends when neighboring ski resorts have good snow. Breakfast and brunch crowds queue up for omelets at the very narrow Squeeze Inn, and popular dinner restaurants like O'B's Board fill up fast with skiers. Reservations are advised, where available.

PETER DUPRE

Boxy *old wood and brick buildings, narrow streets, and spindly power poles give Truckee an agreeably dated look*

Truckee is only 15 to 30 minutes' drive from most North Tahoe ski resorts. You have to drive right through the tow reach many of them.

You can also get to Truckee by tra plane. The Chicago-bound *San F cisco Zephyr* pulls into the Tru depot from Oakland (via Sacram each evening at 6:41, and the westb train picks up Sacramento and Bay passengers mornings at 9:19. Ro trip fare from San Francisco is $34.

BILL ROSS

The chef *suggests a special garlic sauce at Robert Charles's La Vieille Maison restaurant*

Chocolate *dusts creamy Viennese coffee at Extravagaria espresso counter*

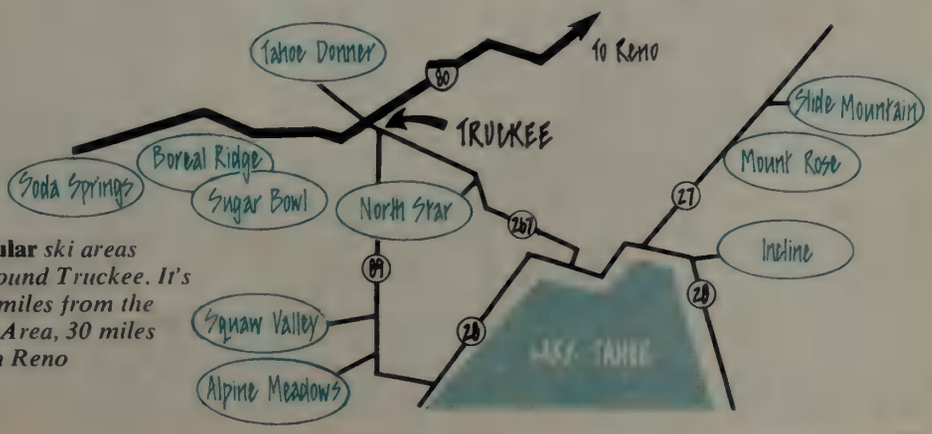
NORMAN A. PLATE

Cross-country skier *reaches up to measure ski size at Bridge Street sporting goods store*

Horned headdress *for slopes gets final adjustment at Hide Side leather shop*

California Air Commuter (Calair) the Truckee Airport each week- om Monterey, San Jose, San Fran- Sacramento, Lake Tahoe (South), and Reno; there's a new Satur- ight from Truckee back to Sacra- and the Bay Area. Round-trip rom San Francisco is $59.40.

of the larger North Shore resorts neet guests at depot or airport. □



Popular *ski areas surround Truckee. It's 180 miles from the Bay Area, 30 miles from Reno*

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Traditional Chinese symbols *adorn Chong Hok Tong temple at cemetery; open courtyard is concession to warm climate*

Burial place *for wealthy family includes elaborate shrine, garden, open-air pergola, wrought-iron fence*

In Manila . . . a look into Chinese customs and tradition

Sometimes you can learn as much about a people from the way they entomb themselves as from the way they live. Visitors to the Philippines can learn something about the islands' Chinese culture during a stroll through Manila's 100-year-old Chinese Cemetery, about a 20-minute taxi ride from the center of town.

The exuberant, red and gold-decorated buildings there, filled with rich furnishings, are an altogether different experience from the weeping angels and sentimental verse found in our graveyards. As they did in life, the wealthy deceased Chinese share tidy neighborhoods of replicated mansions set among trees and lawn protected by fences. Walkways lead to adjoining districts crowded with statuary and the humble but well-tended cubicles of the poor.

You can look in on carved teak furniture, gold and blue ceramic tiles, scraps of red tissue symbolizing money, and the rather solemn photographs of the deceased. The buildings' upswept ea and carved dragons reflect traditi Chinese architecture. But you will tice reminders of the home the im grant Chinese found in the Philippi hardwood carvings, walls covered seashell mosaics, and gardens fuli tropical plants.

In the last century, the Chinese hac place to bury their dead because mos them weren't Catholic and it was feared that they carried so-called "(nese epidemic." The land the Chi acquired for this cemetery was well side of town and of little value. S then Manila has engulfed it.

You can visit the cemetery every of the year. Only the south entranc usually open. To reach it, go north Felix Huertas Street which is off Au Boulevard near the intersection of R Avenue. One-way taxi fare is about either have the driver wait while stroll the grounds, or walk towards Rizal for a return taxi.

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And nothing beats the Bus for family fun. It's easy to park, easy to handle, and it gives everyone in your family enough elbow room to relax in comfort. With space left over for your dog, your luggage, or just about anything else you want to carry. The Bus is 70% roomier inside than a full-sized domestic station wagon. And with the Bus' eight picture windows, everyone in the family gets the best seat in the house. And that's not all. The VW Bus is very versatile. The rear seat folds down to provide extra carrying space and that rear hatch and big sliding door lets you load everything from antiques to zithers.

So, when you want to uncramp your family's style, nothing compares to the Bus.

See your Volkswagen dealer today. And prove to yourself it's more fun to take the Bus. The 1978 Volkswagen Bus.

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MAUI. THE PLAC

Maui moves with the timeless energy of an island in a state of constant discovery. Things are definitely "happening" here and visitors come from all over to see what it's all about.

On first impression, Maui seems as innocent and untouched as if it arose from the ocean floor only yesterday. The jungled valleys. Bright ribbons of white sand. Cool uplands. Vast craters.

But make no mistake. Maui wears its age well.

Through the years, it has become an island of many faces. While its rugged slopes still contain the weathered bluffs and lush valleys of long ago, its sunny lowlands have sprouted luxurious resorts, vacation condominiums, golf courses and shopping complexes that share the scene with restored historic landmarks reminiscent of the lusty days of whalers in Hawaiian ports.

Truly, there is something for everyone on Maui.

Many claim the best beaches in the world are on Maui. There are 42 to choose from, most with soft, silvery sands that seem to stretch endlessly toward the horizon. And if you can't seem to pull yourself away from sand and surf, there are several outstanding beachfront resort areas like Wailea, Kaanapali and Kapalua, each designed to combine beach time with golf, tennis and sightseeing activities.

Molokai and Lanai, the two other islands that make up Maui County, are the closest you'll probably come to seeing the real old Hawaii. Whether you're clopping down a 2000 ft. trail on a mule in Molokai . . . or exploring the 75,000 acres of wide open spaces in Lanai, it is not difficult to appreciate the islands' peaceful beauty and unassuming life.

Recently, Molokai has become a popular "discovery" for the modern world with a brand new resort just opened and several others planned.

Eating places range from a tree house restaurant to waterfront snack bars, mango and papaya stands and small roadside markets.

Maui has become mecca for those w want availability some of the most scenery in the wo Beautifully well-k courts are availab the major resorts, abundant flowers shrubbery provid lush tropical setti for play.

Golfers share a experience. There six courses, many looking the ocean near distant islan

Once the capital Hawaiian Monar Maui's Lahaina t now a capital pla vacation. Blessed beautiful seaside it is a salty blend narrow sidewalks

OR ALL SEASONS.

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historic appeal.
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shops nestled
e restored
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artifacts, a 19th
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r cane train.

Hawaii isn't just a single island state, but eight stately islands, each with its own story. Our heritage reads like a world tour—Chinese, Japanese, Filipino, Korean, Hawaiian, South Pacific Islander, English, Portuguese. But everyone shares the "Aloha Spirit" unique to the Islands.

OAHU is still the "Gathering Place" for active Hawaiian life. Luxury hotels, world class restaurants, shopping and nightlife are a stone's throw from white sand beaches and dense rain forests. Downtown Honolulu is a delightful montage of modern office towers and wooden facades of early Hawaii. Oahu's North Shore contains some of the finest, fiercest surf anywhere. And for a bit of history, most visitors include stops at Iolani Palace and the Pearl Harbor Memorial. It's all part of the most sophisticated paradise in the world.

KAUAI, Hawaii's exotic greenhouse, boasts shimmering green valleys, dripping fern grottos, tucked away beaches—yours for the day or a lifetime.

HAWAII is the Big Island for contrasts: 13,000 foot volcanoes tower over orchid nurseries while vast, low stretches of lava tumble into black sand beaches. Here, activities like golf and fishing seem less like common sports and more like exotic experiences.

"Island-hop" in no time by plane or hydrofoil, and try to see a bit of each. After all, when you see one island of Hawaii, you've really only seen one.

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OND-IHTFD07)

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STEVE W. MA

Ski-mounted ranger *leading a guided hi has picked up a tiny giant sequoia seed*

Nature walk at Calaveras

Snowshoe hikers and cross-country ers in northern California can joi guided nature walk at Calaveras Trees State Park every winter Satur and Sunday, snow conditions permit (call 209-795-1181 to check). Led b ranger, groups leave the visitor ce parking area at 10 A.M. and 2 P.M. follow a 3-mile loop trail around N Grove Meadow. The morning tour pecially after a good snowfall) is for untramped snow and a variety new animal tracks.

You can brush new-fallen snow fron outdoor table for a winter picnic warm up by the cheery fireplace at Trees Hall. Day use fee is $1.50 vehicle.

The state park is on State Highwa about midway between Angels C and the Mount Reba Ski Area at I Valley. Picnic supplies and a good se tion of places to eat are found in little community of Arnold just be the park entrance.

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Shadowy pirates *seek their booty—fresh bait—from a winter beach*

JERRY FREDRICK

Live beach creatures as bait for surf-fishing?

Dedicated beach fishermen insist that a bucket of fresh-gathered, squirming beach creatures (the natural food of most surf fishes) will get you better results than a carton of frozen, dead, or dying animals from a bait shop. Others just like that feeling of self-sufficiency that bait gathering gives them (like that of the trout fisherman who ties his own flies). And a few find bait gathering almost as much fun as fishing.

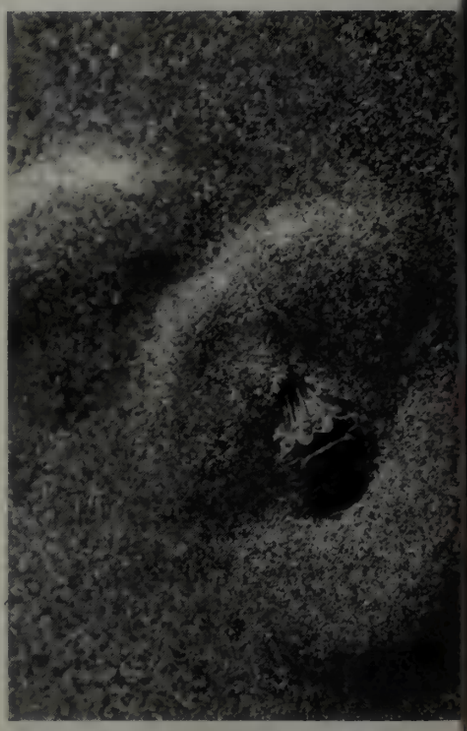
It's a satisfying diversion whenever fishing slows down—and an excellent way to revive the flagging interest of young fishing companions. Fortunately the best fishing is near the peak or retreat of a high tide; and the best bait gathering is during low tide.

Among the more popular and easily obtained beach baits are sand crabs, clams and mussels, shore crabs, marine worms, and the sometimes elusive ghost shrimp. Some of the clams and mussels are protected by state game laws. Check with your local fish and game agency for licensing regulations, season closures, size restrictions and special limits. Special regulations may be enforced and collecting permits required at state beaches and national seashores.

Here are a few hints on where to find and how to use beach baits:

Sand crabs. Favorite food of surfperch and croakers, these are found just below the surface of sandy beaches from British Columbia all the way to Panama.

Captured sand crab *looks like a tiny crayfish to this bait gatherer, but looks like dinner to a surfperch or croaker*



Dimple in sand *reveals hiding place of burrowing sand crab; a quick scoop should unearth it*

Resembling a small clawless lobster or crayfish, the sand or "mole" crab stations itself in the sand where it can strain its food from the surge of each wave. A sand dimple or a telltale bubble in the damp sand gives away the creature's hiding place. Dig down quickly with a shovel or scoop to unearth it; hook it firmly through the main body shell, then cast it out into the surf.

Sea mussels. You'll find massive cluste of them (good bait for all inshore fishe attached to wave-splashed rocks, brea waters, seawalls, piers, and pilings alo open coast from Alaska to Mexico. claw hammer or small crowbar is go for prying them loose. Surfcasters oft

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tie the opened mussel in a small cheese cloth bag to prevent the tender fl from tearing off the hook when cast. The cheesecloth also prevents sm fry from nibbling the bait off the hoo

Clams. The dilemma is whether to them for bait or for chowder. One fish man we met uses the siphon for bait a saves the rest for the chowder p Search for them with a clam gun, fo shovel, or whatever works—we've ev seen barefoot clam seekers "feel" clams in the shallow surf by burrowi their feet into the sand with a fast h swinging action.

Almost all inshore fishes will respond a clam bait, seeming to prefer whichev clam is most prevalent on that beach. cheesecloth bag works as well for cla as for mussels. (Be sure to check yo state game regulations on both cla and mussels.)

Shore crabs. The muddy banks of tertidal estuaries from Alaska to Mex are favorite haunts of shore crabs, you'll also find them around harb breakwaters and seawalls, and on roc headlands. Shore crabs seek out da crevices or gardens of sea moss dur daylight and are active at night.

Dime-sized crabs (hooked from the b tom up through the back at the rear the crab) make excellent bait for su perch and sole. Larger ones (up to inches across) have very powerful cla and can inflict a painful pinch.

Marine worms. Clam worms, pile wor bloodworms, parchment tube wor and other centipede-like marine wor are popular fishing baits along the en Pacific coast. Look for clam worms clusters of mussels and barnacles jetties and breakwaters. Pile worms bloodworms must be dug from the o of intertidal estuaries and bays. Par ment tube worms often form tubu masses on docks, piers, and buoys, in the mud of quiet bays.

The ideal bait-size worm is about long as your index finger, but yard-l monsters have been reported. Han bloodworms and pile worms with spect: They can bite.

Ghost shrimp. These pale, sickly wh almost translucent crustaceans h been called the "earthworms" of back bays and estuaries. They occur the way from Alaska to Mexico, but most common along the Califor coast. Bait shops in Southern Califor sell them as "saltwater crayfish." In Northwest fishermen call them shrimp" and use them as steelhead b

The usual method of capture is to them out like earthworms, but practi bait gatherers sometimes force gh shrimp to the surface by stomping th burrows closed. Ghost shrimp are hig favored by surfperch and croakers.

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Prices for "Pleasure Chest Vacations" start at $357 for one person or $192.50 for each of two. "Lucky Bucks" prices start at $220 for one or $120 for each of two. "Shopper's Spree" prices begin at $190 for one or $149.50 for two each. All prices are on European Plan. Air fare not included.

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Help with RV repairs, rentals

Hunting down a repair shop for y recreational vehicle when you're out unfamiliar territory can be difficult; fi ing a vehicle to rent in the peak dem months may be just as hard. To h there's a new service directory an new way to rent a camper or trai Now is a good time to look into th services as you plan summer trips.

Finding a mechanic in the wilds. 150-page new *RV Service and Re Directory* (Recreational Vehicle D ers Association, Fairfax, Va., 19 $6.95) lists over 1,000 repair shops the United States and Canada, no the services available at each. Respo cards are provided so readers can the RVDA about their experience the shops listed.

For your copy of this first-ever gu send $7.95 (includes $1 postage and h dling) to RVDA, Suite 412, 3251 Lee Highway, Fairfax, Va. 22030. will also find it at many RV dealers.

Renting a private RV. RV Exchang the name of a new rental program sp sored by Kampgrounds of Ame KOA simply serves as a matchma putting people who want to rent an in touch with those who have vehicle rent. Rates under the program are ally lower than those offered by c mercial operators, and for those want to rent an RV in a distant the service saves time and effort in cating a suitable vehicle.

There are some 2,000 vehicles in KOA program, with the greatest n ber in California.

If you might want to rent one, send to KOA, Box 30558, Billings, M 59114, along with your name, add and the area in which you need the hicle. In return you will receive cam information, a guide on how to ch a rental RV, a price estimate (f about $45 to $90 per week for a trailer to $150 to $250 per week f deluxe motor home), and a list of hicles and owners in the area speci You then call the owner of the ve you wish to rent and work out the b ness arrangements, including pic and return.

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Brochure romance, and the nitty gritty

A good tour brochure should inform as much as it entices. But when you're selecting a travel experience, the romantic prose or glamorous photography of a brochure can sometimes obscure the nitty-gritty facts of the trip. It's wise to study the brochure carefully and make sure you understand its terminology. Here's some help in reading between the lines.

What are they really saying?

A *direct flight* goes to your destination without a change of aircraft but may make one or more stops along the way; a *nonstop flight* goes directly to your destination without stopping.

Your tour may be *escorted* (a tour conductor or manager accompanies you on all land portions of the tour and sometimes in transit) or only *hosted* (you travel from point to point unescorted but receive assistance from local guides or representatives of the tour operator at specific locations along the itinerary).

A *celebrity tour,* supposedly escorted by a well-known personality, may or may mean that your tour will have the opportunity of meeting, dining with, or "visiting the ruins" with that person at one or more points along the way.

Certain phrases can be misleading. "Your hotel looks out over beautiful Lake Como," but your room may not have that scenic view. "On Wednesday you'll *see* the British Museum," but will you have time to *visit* any of the exhibits? A "morning at leisure" may seem less relaxed when you consider that your flight leaves at 11:55 A.M., your bags must be down in the hotel lobby by 8 A.M. and it takes an hour to get to the airport.

A "deluxe" hotel in Bulgaria will not be the same as a "deluxe" hotel in Paris or Rome, and the "rustic chalet" may actually be a small Swiss hotel without plumbing. And "capricious autumn weather" might be another way of saying "hurricanes occur in the fall."

"Three glorious days in Paris" dwindle to one sleepy stroll down the Champs Élysées if you arrive late Tuesday afternoon (after a trans-Atlantic flight) and depart on Thursday morning. So plot the tour itinerary on a map to better visualize the distance and amount of time you'll be traveling each day. Mark arrival and departure times on a calendar to determine how long you'll stay in each place. And always consider

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Big Welcome. Yet one of the best things in South Africa is free – the traditional warm hospitality.
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How much does it cost?

The price quoted on the cover of a to brochure may refer to the *all-inclusi* cost of the trip, or only some major pe tion of it, such as *transportation* (getti you there and back) or *ground arrang ments* (hotels, meals, sightseeing).

Read the fine print in the "General I formation and Conditions" section of t brochure. You will have to pay for an thing not expressly included in t quoted tour cost, such as *transfers* (g ting you to and from the airport), *grai ities* (tips at restaurants, hotels, and bus and taxi drivers), and special airp or hotel taxes.

Even the quoted all-inclusive price m be subject to *extras* (items you pay f separately, such as admission fees theater tickets) or *options* (highly des able excursions or activities that m also be purchased separately).

If the quoted hotel rate is based double occupancy and you want room to yourself, you'll have to pay *single supplement*. Remember too t *adjoining rooms* are next to each oth but only *connecting rooms* share a co mon door. And unless tour terms spec "all rooms with bath," you may have pay extra for this convenience.

"Including *most* meals" on the front a brochure may be translated in the f print of the conditions section as *"co tinental breakfast* (beverage and r only) and a limited selection for dinn Most tours select from a special *ta d'hôte* menu (one price covers the co plete meal) which frequently offers choice of two main courses. A p selected wine is sometimes included the price of a meal; apéritifs and aft dinner coffee are usually extra.

European plan means all meals extra; *American plan* means all me are included. A *modified American p* usually means a continental breakf and a choice of lunch or dinner included.

Remember too that quoted transpor tion costs may be based on special s sonal restrictions, travel only on cert days of the week, and minimum maximum lengths of stay. If you are able to meet all the specified conditi and limitations, you'll probably have pay a higher fare.

If you still have questions after study the brochure and reading all the con tions, consult your travel agent bef making any deposit. The tour opera the participating carrier, and the tra agent all want you to have a good ex rience and become a regular custon If you have selected the wrong to they'll help you find one better su to your needs.

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ummer of warm days, cool nights, ancient art, skyscraper es, the Amazon jungle, the high Andes—the unexpected eriences of a different continent to discover.

In Rio, the sun is caressingly warm on the beaches of pacabana, Ipanema, Leblon and Gavea. The sunsets from rcovado Mountain, the eleven story statue of Christ the deemer, Sugar Loaf Mountain—all touch the senses with ir spectacular beauty.

In Bogota, Colombia, the famed Museo de Oro contains 000 pre-Columbian gold treasures—and the shops are full argain emeralds to take home as treasures of your own.

In Lima, the great Plaza de Armas of Pizarro and the re Tagle Palace stand as masterpieces of Colonial ar- tecture. Just an hour's flight away, Cuzco—once cradle of Inca empire—and Machu Picchu, ancient mountain adel, intrigue the mind with their history.

Buenos Aires, in the Argentine summer, offers visitors ewalk cafes, sightseeing at the Opera House and the sidential Palace, gaucho barbecues in the pampas—and gains in furs and leather.

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MICHAEL SPEC

Remodeled *library hall displays a third more documents than before*

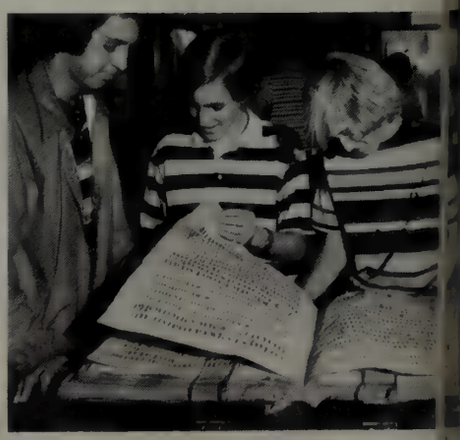
February at the Huntington

The Huntington Library, Art Galle and Botanical Gardens in San Mar near Pasadena have attracted pleased visitors for almost 60 ye Some new developments make it wo a first or repeat visit this month.

A recently renovated exhibition hall you view many more of the libra treasured rare books and docume including Audubon's *The Birds America,* the Gutenberg Bible, Sha speare's "First Folio," and Benja Franklin's handwritten autobiograph

A new herb garden has over 500 ki arranged according to use—medici cooking, sachet, and dye. Other b feature many herbs of a single type, s as thyme, rosemary, and laven You'll also see the largest public col tion of camellias in the world—in flower this month along with 50 ki of magnolias.

To get there, drive south on Allen A nue from Colorado Boulevard in P dena. Turn left at Orlando Road follow signs to 1151 Oxford R Hours are 1 to 4:30 Tuesday thro Sunday. Admission is free.



Feel free *to touch and turn the 16th-century choir book pages—they're made of long-lasting goat skin*

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The earlier you buy, the more you save.

Dancers *and Royal Hawaiian Band have performed on Iolani Palace lawns weekly since 1893. These four, in photograph taken from the bandstand, do an all-in-fun hula reminiscent of old days when only men were permitted to hula. Performances are on Fridays a*

Hawaii's lovely 96-year-old Iolani

Only royal palace in U.S.A. opens for visitors in 1978

Sunset THE MAGAZINE OF WESTERN LIVING FEBRUARY 1978

GLENN CHRISTIANSEN

Had history taken *a different turn, ard Kawananakoa, great grandnephew of Kalakaua, might be king today. He is donated porcelain vase back to palace*

Docent begins preview tour *on front lanai. White cast-iron pillars were made in San Francisco*

Three-story staircase *of native koa contains the major pieces of woodwork salvaged from the monarchy period*

Throne Room visitors *gaze toward dais, gilt canopy, door to Robing Room*

Royal Guardsmen *wear cork helmets, 1880s uniforms at palace each November to commemorate Kalakaua's birthday*

The wooden barricades that have kept curious visitors off the broad lanais of downtown Honolulu's Iolani Palace for several years should be coming down this month.

Built in 1882 for Hawaii's monarchs, Iolani is the only royal palace in the United States. And for the past decade it has been the object of a unique restoration effort that has involved dozens of local and foreign craftsmen who have turned the building—most recently used as the state capitol—into an exquisite remnant of Hawaiian heritage.

Who lived here?

The first tenants were Kalakaua, king of the Hawaiian Islands from 1874 to 1891, and his wife Kapiolani. Known as the "Merry Monarch," Kalakaua loved travel and everything new. In 1879 when construction of his new palace began on the site of an earlier Iolani—a bungalow of wood and coral block—he already knew the ways of European royalty and wanted to live like them.

His architects tempered his request for an Italian Renaissance palace by adding some Victorian styling and giving a nod to the climate. The corner cupolas were crowned with Victorian interpretations of the mansard roof; wide lanais and tall windows helped to take advantage of any island breeze.

In his palace Kalakaua achieved a number of firsts: the world's first palace with indoor flush toilets; one of Honolulu's first modern telephone systems; one of the world's first homes completely lit by electricity. As the world's first monarch

GLENN CHRISTIANSEN

Douglas fir floor *and cedar woodwork gleam mirror-bright in palace's main hall*

Gilt crown *on Throne Room wa duplicates one worn by Kalakau*

Diamond and oval *moldings on lanai ceiling frame plaster relief figures. Walls are concrete over red brick*

Jewel-like door hinges *are nickel-plated brass. Nearly all in palace are original*

Queen's copper-lined tub *is 6½ feet long. (The king's was 7)*

In palace room *where last Hawaiian queen was prisoner, Abigail Kekaulike Kawananakoa royal descendant and president of The Friends of Iolani Palace, shows off pillow sham recently donated back to palace*

W. D. A. STEPHENS

lls on posts *represent tabu sticks, ays carried ahead of high chiefs*

w roof shingles *came from same nsylvania slate quarry as originals*

Gilt, nickel plate, opper, slate, gleaming wood, snowy plaster ...both renovation and restoration ...and donations

to visit the United States and the first to travel around the world, Kalakaua collected fine furnishings for his home wherever he went.

When he died at San Francisco's Palace Hotel in 1891, his sister Liliuokalani became queen and mistress of Iolani. Her reign was short. Commercial treaties with the U.S.A., which had brought the prosperity that allowed Kalakaua his extravagances, had also created in the islands a wealthy class of merchants and planters (many from the Mainland), who wanted to rid Hawaii of its monarchy.

For her efforts to strengthen the liberties and identity of the Hawaiian people, Liliuokalani was forced to give up her throne in 1893 and a republic was established. (A gifted musician, she wrote the sad and beautiful *Aloha Oe* while a prisoner in her palace.) From that time until 1969 Iolani served as capitol for the republic, the territory, then the state.

New life for the old palace

In 1966 construction of a new state capitol was underway. With the approval of the governor, a group of citizens including descendants of the royal family formed The Friends of Iolani Palace. Their purpose: to turn the soon-to-be-vacated palace into a museum. They based their restoration plan on three years' worth of historical research already done by The Junior League of Honolulu. The state legislature authorized the Department of Land and Natural Resources to negotiate a series of contracts with the Friends. Over the years more than $6 million has been appropriated.

This is the first major restoration of a U.S. state-owned building ever carried out by a private group of citizens working under contract from the state. With appropriations often delayed by legislative hearings, the process has been slow.

But work is now complete, and it is expected that the palace will open this month for docent-led tours. At our press deadline the exact date was still pending, as the state Department of Land and Natural Resources examined the proposed management contract under which The Friends of Iolani Palace would maintain the landmark and open it to visitors.

Before planning a trip to the palace, write or call the Friends to see if tours have started: Box 2259, Honolulu 96804; (808) 533-3036.

How work got underway

After 75 years as a government office building, Iolani had lost its royal dignity. Makeshift offices partly filled the lanais. Shedlike additions spread at ground level. Air conditioners popped out of the walls. Inside, rooms and halls had been partitioned, niches and many doors plastered over, some floors covered with linoleum.

When preliminary surgery revealed extensive termite infestation, the entire palace was draped in a tent for fumigation. But a steel and concrete framework, which replaced the original wood supports in 1930, was basically intact.

The great challenge was finding craftsmen to re-create the intricate plasterwork and woodwork. A retired Italian plasterer, Mario Valdastri, taught apprentices to replicate and mount the ceiling sculptures, which needed replacing in many rooms. Herman Bischoff, a German cabinetmaker, ran a shop in the palace basement where special tools were often devised to work the rare hardwoods—native koa, kou, kamani, and black walnut and bird's-eye maple from the Mainland.

Throughout the palace, woodwork had to be dismantled and restored or replaced. Nearly half of the old koa paneling was replaced. On the stairs 25 percent of the balusters and much of the decorative scrollwork were newly carved. Of some 52,000 tiny shutter louvers used at the windows, 28,000 had to be made new—and all the old ones were refinished.

As Kalakaua had, the restorers imported from the West Coast quantities of Port Orford white cedar for the high curving doorways and redwood for window trim and paneling. In the style of the 1880s, the redwood was stained and grained to simulate golden oak.

Every brass light fixture and one of the Throne Room's magnificent crystal chandeliers are replicas; the low-wattage (12-volt) bulbs had to be handmade in France. For the 40 by 70-foot Throne Room a massive carpet was re-created in England after careful analysis of original remnants found at Honolulu's Bishop Museum and the Washington State Historical Society.

The restoration has deftly hidden such practical elements as air conditioning and security and fire alarm systems. For the decorative plasterwork, two of the palace craftsmen recently won the first National Craftsman of the Year award given by the American Institute of Architects and the AFL-CIO. The Friends are now stepping up efforts to find and restore original palace furnishings—all sold at auction at the turn of the century. (The thrones are in the Bishop Museum.)

When the palace docents, in training for three years now, get the go-ahead, they will lead 45-minute tours five days each week. You will need to make reservations. Write or call the Friends as directed at left and specify your choice of dates. Palace grounds are bounded by King, Richards, and Punchbowl streets; tours will start on the lanai facing King Street. □

DARROW M. WATT

1· *Inside the bundle is a Dutch oven full of hot barbecued beef, pack in close-fitting box*

2· *Newspaper and foil wrapping keeps sandwich filling hot for four hours*

3· *Picnickers help themselves to hot sandwiches at a cool-weather outing, piling beef and thick sauce onto soft rolls*

Dutch oven hot picnics *Hot n*

Dutch ovens are not only reliable cooking utensils, they're also ideal containers for carrying hot entrées to a cool-weather picnic. When wrapped in layers of newspaper and packed in a box, basket, or insulated bag, the heavy kettles keep foods like these zesty meat sandwich fillings hot up to 4 hours.

Both of these Dutch oven picnics feature hot meat mixtures to spoon onto sandwich rolls, and a salad, for 8 to 10. You can use either sliced beef or pork in the tomato-barbecue sauce and thick sausages, sliced corned beef, or ham in the onion-laden mustard sauce. Any of these can be made ahead, then reheated just before you leave.

For cooking and carrying, you'll need a 6 to 8-quart Dutch oven with a tight-fitting lid. You can use the traditional cast iron, but cast aluminum, enamel-lined Scandinavian cookware, oven-proof pottery, or another type of heavy pot this size will work equally well. It's best not to store the mixtures in a cast-iron pot; however, you can use one to reheat and transport the entrée.

Before your departure, reheat the sandwich filling as directed. Wrap the entire pot in foil, then in at least eight thicknesses of newspaper. Tape or tie the bundle with string to secure.

Barbecued Beef Picnic Sandwiches
on Onion Rolls or Seeded Buns
Marinated Mixed Vegetable Salad
Applesauce Cup akes
Red or White Jug Wine

Prepare or purchase the applesauce cupcakes. Choose soft onion rolls, Kaiser rolls, or seeded hamburger buns. C the salad in a 2½-quart jar or other tainer with a tight-fitting lid, and be to pack serving spoons.

Barbecued Beef Picnic Sandwiches

In a 6 to 8-quart Dutch oven, brow 4 to 5-pound cross rib or sirloin tip r (or lean, boneless, rolled, and tied le loin pork roast) in about 2 tablespo salad oil over medium-high heat; move from pan and set aside.

Reduce heat to medium and add 2 l onions, chopped; 1 large green pep seeded and chopped; 2 stalks cel chopped; and 2 large cloves ga minced or pressed. Sauté until onio limp. Add 1 cup catsup, 1 can (16 stewed tomatoes, ¼ cup cider vine ⅓ cup packed brown sugar, and 1

GLENN CHRISTIANSEN

Table manners *don't count at a picnic. If juicy sandwiches drip, just lick your fingers clean*

ys piping hot for as long as 4 hours

on chile powder. Then stir in ½ tea-on *each* dry basil, oregano leaves, und cinnamon, salt, and liquid oke. Simmer, uncovered, for about 10 nutes.

turn meat to pan and spoon some of sauce over it. Cover and bake in a 5° oven until meat is tender when rced, about 3 hours. Let cool, then ver and refrigerate up to 2 days.

give yourself plenty of time, begin paring meat about 2 hours before ir departure. Spoon off congealed fat d discard, then lift out meat and thinly e. Return the sliced meat to the pan, ering it with sauce; cover and heat in 50° oven until hot and bubbly, about minutes. At the picnic site, spoon at and sauce onto buns to serve. kes 8 to 10 servings.

Marinated Mixed Vegetable Salad

Cut 3 carrots and ½ pound mushrooms in ¼-inch-thick slices. Break 1 small head cauliflower into flowerets and cut large ones lengthwise through stems. Also cut ½ pound green beans into 1½-inch lengths. Place the carrots, cauliflowerets, and green beans in a vegetable steamer and steam over boiling water for 9 minutes or until almost tender. Add mushrooms and steam 2 minutes longer, or until vegetables are tender. Rinse with cold water; drain well.

Stir together ½ cup red wine vinegar, 1 teaspoon *each* dry mustard and dry basil, 2 tablespoons instant minced onion, ½ teaspoon *each* oregano leaves and pepper; 2½ teaspoons garlic salt, and ¾ cup salad oil. Pour over vegetables; cover and chill 4 to 24 hours.

To serve, add 2 small zucchini cut in ¼-inch-thick slices and 8 to 10 cherry tomatoes. Serves 8 to 10.

Mustardy Sausage Picnic Sandwiches on Crusty Rolls
Crisp Cabbage Slaw Dill Pickles
Apples or Pears
Red or White Jug Wine

Choose rectangular French rolls if you serve sausages. Any type of bun, soft or crusty, is fine for the sliced corned beef or ham. Mix the slaw with dressing just before leaving, or pack each separately and mix at the picnic site.

Mustardy Sausage Picnic Sandwiches

In a 5 or 6-quart Dutch oven, melt ¼ cup butter or margarine over medium heat. Add 5 large (about 2½ lbs.) onions, sliced, and 2 cloves garlic, minced or pressed. Cover and cook, stirring often, until onions are very limp, about 10 minutes. Uncover and cook, stirring often, about 20 minutes longer, or until onions are golden. Sprinkle in 3 tablespoons flour and cook, stirring, until bubbly. Gradually blend in 1½ cups regular-strength chicken broth. Cook, stirring, until sauce boils and thickens; then stir in ¼ cup *each* catsup and Dijon mustard, and 2 tablespoons prepared horseradish. Remove from heat.

Meanwhile, brown 10 to 12 (about 3 lbs.) kielbasa (Polish sausage) in a small amount of butter; drain. Or, thinly slice a 4 to 5-pound cooked bottom round piece of corned beef or canned ham. Add the browned sausages to the sauce, or layer the sliced meat and sauce in the pan. Cover and refrigerate up to 2 days. Before leaving for your picnic, reheat, covered, in a 350° oven, until hot and bubbly, about 55 minutes. Spoon into crusty French rolls. Serves 8 to 10.

Crisp Cabbage Slaw

Mix together 12 cups shredded cabbage (green or red or some of each) and ¾ cup *each* sliced green onion and celery. Stir together 1¼ cups mayonnaise, 1 tablespoon mustard seed, 2 teaspoons *each* prepared horseradish and Worcestershire, and 3 tablespoons drained sweet pickle relish. Spoon dressing over slaw mixture and mix well. Season with salt and pepper. Serves 8 to 10. □

DAVID STUBBS

Pint-sized. *Only 19 inches high, child's table has seven 36-inch 2 by 4's as top; dowels hold legs in notches*

DAVID STUBBS

A necessity. *Bar clamps hold together pieces for tops while glue dries*

Longer than most. *Ten-foot dining table designed by Jim Caldwell of Woodside, California, is eight 4-by-4's wide. Notch 29-inch legs into corners and hold them rigid with plugged, countersunk ½-inch threaded rod fitted through predrilled holes across the width and 6-inch lag screws along the length*

2 by 4's and 4 by 4's

Good-looking tables made with lumberyard lumber

Those workhorses of the building industry—standard 2 by 4's and 4 by 4's—are as adaptable as they are widely available. Here we've made them into solid tables that look surprisingly sophisticated considering their no-class origins.

We chose kiln-dried vertical-grain fir; at most lumberyards you may also find 2 by 4's and 4 by 4's in redwood and pine.

You can save much later effort by careful selection of wood. Inspect each piece for attractive grain pattern, absence of flaws, and straightness (a bowed or twisted piece of lumber can mean hours of sanding and planing).

Before cutting to final size, rip your lumber just enough to remove milled-round edges for crisp lines and clean joints. Then cut pieces to approximate length and sand facing sides to remove high spots. Arrange pieces so that grain pattern and wood color vary. To lessen the likelihood of later warpage, alternate end grain direction as shown at right.

Using a thick glue such as a hide g cover both facing sides. Clamp the w together with bar clamps on top bottom, wipe off excess glue, dou check that the wood hasn't bowed u pressure, and let dry.

If you were careful in wood selec and assembly, the tops should be r tively flat and can be finished with a sander. If more than medium sandin required, you can save time and g smooth, flat top by having a lumber n ing service take off the uneven surf

PETER O. WHITELEY

Virtually indestructible. *Top of this sturdy coffee table consists of twelve 66-inch-long 2 by 4's. The 10-board-wide, 11-inch-high legs are mounted to the top by blind dowels (¾-inch dowels sunk 2 inches into top and legs)*

For hallway, breakfast nook. *Top of end table above (ten 41-inch-long 2 by 4's on edge) rests on 26-inch-long base. Breakfast table at left has a top of eight 36-inch-long 2 by 4's mounted to 27-inch-long base*

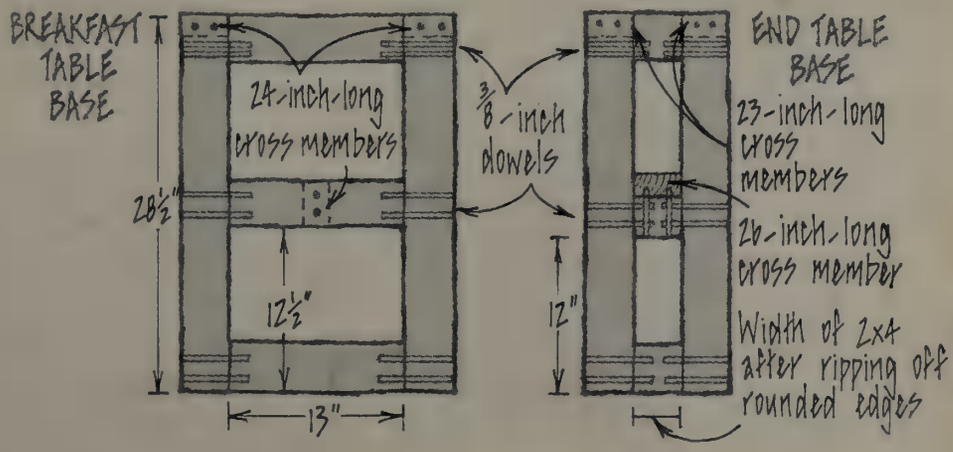
ICIA J. BERG

ntersunk screws *secure es of both tables at right*

h an industrial planer. Ask your lum- yard to recommend a local service; cost may run about $20 for each letop.

ore assembling the table, trim the s to final size with a circular saw. u may need to make two passes for thicker tops or finish the first cut h a good handsaw.

d legs, using long woodscrews in pre- led holes or other means of attach- nt. Sand well. Use plastic oil sealer to den wood before adding final finish. □



One-soup or two-soup dinners from Nigeria

Easy. Hearty. Unusual. Soup spooned over rice, black-eyes, spinach

When the West African slaves came to America, they brought their food and culture with them. Even today, these African origins are strongly evident in the lives of many black Americans.

We can see this blending of cultures in this soup supper served by Toye Moses, a Nigerian student, and Jacque Goudeau, a black American. The spicy flavors and many of the ingredients of these dishes are typical of the West African heritage.

The mainstay of this menu is a hearty soup of chicken, beef, or fish, almost thick enough to be called stew. In the traditional manner, the soup is spooned over rice, black-eyed peas, and spinach. And for a side dish there are fried plantains.

It's an interesting meal you might like to try for your next dinner party.

For a small party of 4 to 6 people, make one soup; for 8 to 12 guests, you'll probably want to make two different kinds. All the soups can be made ahead and reheated to serve.

Cook the rice, black-eyed peas, spinach, and plantains shortly before serving. For each serving you'll need about ½ cup *each* cooked rice and black-eyed peas (dried, fresh, frozen, or canned beans cooked according to package directions). Double the following recipes for spinach and plantains if you're serving 8 to 12. If you can't find plantains (they look like bananas and are available in Mexican markets), use green-tipped bananas or omit from menu.

For a refreshing finale, offer a fruit compote. Cut several different tropical fruits, such as pineapple, papaya, and oranges, into bite-sized pieces and mix together. Make and chill ahead; add sliced bananas, if you wish, just before serving.

Nigerian Chicken Soup (*Obe Adiye*)

Set aside breast pieces from 1 cut-up broiler-fryer chicken (about 3½ lbs.). In a 5-quart Dutch oven, combine remaining chicken pieces with 1 large onion, sliced, and just enough water to barely cover chicken. Bring to boiling; cover and simmer 30 minutes. Add breast pieces and continue simmering until chicken is no longer pink when slashed, about 20 minutes longer. With a slotted spoon lift out meat and onions. Skim fat off broth and discard. Boil broth, uncovered, until reduced to 2½ cups.

Stir into the broth 1 can (6 oz.) tomato paste, 1 teaspoon *each* curry powder and cayenne, and ½ teaspoon minced fresh ginger. Return chicken and onions to pan. Cool, cover, and chill if made ahead. To serve, simmer, covered, until chicken is heated through, 15 to 20 minutes. Salt and pepper to taste. Makes 4 servings.—*T. M., San Francisco.*

Nigerian Chicken and Vegetable Soup (*Cuscus*)

Cook a 3½-pound broiler-fryer chicken with water and onion as directed in the preceding recipe for Nigerian Chicken Soup. Lift out meat and let cool. Remove and discard bones and skin; coarsely shred chicken. Skim fat off broth. Reserve 1⅓ cups of the broth; save remaining for another use.

In a 12-inch frying pan or 5-quart Dutch oven, heat 2 tablespoons salad oil over medium heat. Add 1 large green pepper, coarsely chopped; 1 small onion, coarsely chopped; and ¼ pound mushrooms, sliced. Cook, stirring, until vegetables are limp. Stir in ⅓ cup tomato paste, the reserved 1⅓ cups broth, and ½ to 1 teaspoon cayenne. Add chicken. Cool, cover, and chill if making dish ahead. To serve, simmer, covered, stirring occasionally, until hot, 15 to 20 minutes. Salt and pepper to taste. Makes 4 servings.

Nigerian Fresh Fish Soup (*Obokun*)

In a 5-quart or larger Dutch oven, cook 1 large onion, chopped, in 2 tablespoons salad oil over medium heat until limp. Add 1 can (6 oz.) tomato paste, 1½ cups water, 2 chicken bouillon cubes, 1 teaspoon *each* minced fresh ginger and curry powder, and ¼ to ½ teaspoon cayenne. Stir in 2 tablespoons peanut butter until blended. Cool, cover, and chill if made ahead.

Cut 3 pounds fresh or partially tha frozen fish fillets (such as rockfis cod) into 2-inch squares. Bring to mixture to simmering and add Cover and simmer, gently turning pieces occasionally, until fish flakes to 24 minutes. Salt and pepper to t Makes 6 to 8 servings.

Nigerian Beef Soup (*Obe Eran Malu*

In a 5-quart or larger Dutch oven, 3 pounds boneless beef stew meat, in 1½-inch cubes, in about 2 ta spoons salad oil over high heat browned. Remove meat from pan as browned. Add to pan 1 small on chopped; cook, stirring, until limp.

Add 2 teaspoons minced fresh gin 1 teaspoon *each* curry powder and enne, 1 can (6 oz.) tomato paste, and cups water. Return meat to pan; simm covered, until meat is tender, 2 to hours. Skim and discard fat. Cool, co and chill if made ahead.

To serve, simmer, covered, until hot to 20 minutes. Salt and pepper to ta Makes 6 to 8 servings.

Nigerian Spinach and Shrimp

In a wide frying pan, cook 1 mediu sized onion, chopped, and ¼ pou mushrooms, sliced, in 2 tablespo salad oil over medium heat until v limp. Stir in ⅓ cup tomato paste tablespoons peanut butter, ½ teaspo cayenne, and ⅔ cup water. Add 2 pa ages (10 oz. *each*) thawed chopped sp ach (excess liquid squeezed out) and pound small cooked shrimp. Simm covered, until spinach is hot, about 3 4 minutes. Salt and pepper to tas Makes 8 to 10 servings.

Fried Plantains

Cut 2 or 3 ripe plantains or green-tipp bananas into ¼-inch slices. Heat abo 1 inch salad oil to 350°. Add plant slices, a portion at a time, and fry un lightly browned, about 3 minutes. R move with a slotted spoon, drain, a place in a warm oven until all are frie Lightly sprinkle with salt. Makes 4 to servings.—*J. G., Oakland.*

Moses *explains to guests how to eat his Nigerian dinner*

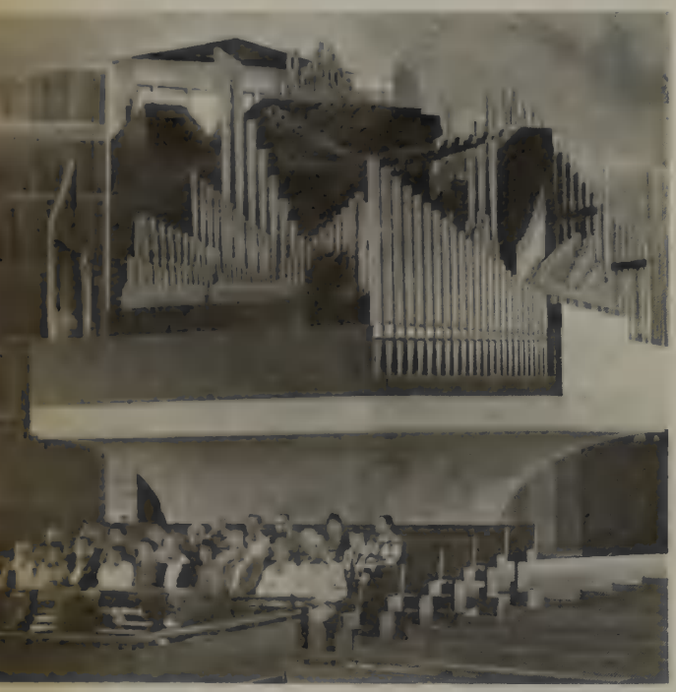
GLENN CHRISTIANSEN

Dancing *to African rhythms follows the dinner*

Supper table *at left is laden with curry-like beef soup, fried plantains, spicy spinach and shrimp, and rice garnished with cooked beef. To eat, spoon mildly spicy chicken soup over black-eyed peas, rice, and hotly seasoned spinach*

PETER FISH

Salt Lake City *Five-manual, 189-rank Aeolian-Skinner organ, played here by Roy M. Darley, is heard in daily recital and weekly on nationwide TV*



PATRICIA J. BERG

San Francisco *Italian Ruffatti on fluted base is visual delight in St. Mary's Cathedral*

DON NORMARK

Seattle *Dutch Flentrop organ in St. Mark's is considered one of most glorious instruments in the West; recitals draw capacity audiences*

"Roaring, soaring, exulting, trembling"

The great pipe organs of the West

FREDRICK
eley *Dr. Lawrence Moe plays the lap organ, part of unique tion of antique organs at University of California*

OSS
Angeles *Rose window dominates ifully encased Schlicker rst Congregational Church*

STAYER & SCOTT
Colorado Springs *Graceful Holtkamp-designed Möller organ seems to soar in Cadet Chapel*

oars louder than the lion of the t, and it can draw out a thread of d as fine as the locust spins at hot on his still tree-top," wrote Oliver dell Holmes about the pipe organ.

hear a recital on this king of in- nents—to let yourself be surrounded aring, exulting, pleading, trembling, ning sounds for an hour or two with- nterruption—is a marvelous experi- . And the West has several great organs. (Many of them are church uments, so if you can't attend a re- you're always welcome to hear during Sunday services.)

nd out where the most notable pipe ns are, we polled some 60 people: chairpersons and chapter deans of American Guild of Organists (AGO) e 13 Western states, organ builders, university music professors. Here ist the grand instruments mentioned often by these experts. With several manuals (keyboards), many ranks (sets of pipes), and the ability to represent almost all the instruments in a full-fledged orchestra, these organs can play all the organ literature from Bach to Britten and fill a large building with full-bodied majestic sound.

Also recommended—and partially shown above—is a collection of small European antique organs that may have graced a nobleman's private chapel or a wealthy burger's salon.

Recitals listed here, many free, were scheduled at *Sunset's* press time; for additional dates, call the numbers given.

Seattle. St. Mark's Episcopal Cathedral has a mechanical action ("tracker") organ built according to classic principles used in centuries past (as opposed to electro-pneumatic organs built after the introduction of electricity).

Recitals: February 17, 8 P.M., John O'Donnell from Australia; April 7, 8, P.M., Martin Lücker from Germany. Tickets: $4; students, seniors $3. Free 10 P.M. recitals two Sundays a month; AGO national convention recitals, June 26-30. Call (206) 323-1040.

Salt Lake City. Some pipes and most of the casing of the Tabernacle organ date to its installation here in 1867. Free 25-minute recitals are given at noon Monday through Saturday, at 4 on Sunday. Call (801) 531-2675.

Colorado Springs. A magnificent display of pipework perches high in the choir loft of the Cadet Chapel at the U.S. Air Force Academy. You can attend recitals at 8 every Sunday night in late July and August. Call (303) 472-4515.

Berkeley. Hertz Hall on campus will have an open house on Sunday February 19 from 1 to 4 for you to view and hear UC's antique gems. Campus parking is free on Sundays. Call (415) 642-2678.

The collection, which includes an 18th-century Italian hand-pump organ, was purchased with a legacy from Edmond O'Neill bequeathed for the sole purpose of buying organs. The lap organ shown on this page was copied by Ahrend, a German builder, from a 15th-century painting; a melody instrument once used for dances, it's as extinct as the galliard and the gavotte.

San Francisco. Grace Cathedral reminds you of the old Gothic structures of Europe and the outstanding sounds that come from such buildings. The church's four organs include an Aeolian-Skinner and a Casavant. For a recital schedule call (415) 776-6611.

San Francisco. St. Mary's completely freestanding instrument (you can walk around it) has a magnificent set of polished brass trumpets. Recitals: February 15, 8 P.M., Daniel Roth from France; more foreign guests scheduled later in spring. Call (415) 567-2717.

Los Angeles. First Congregational Church has three organs playable from one console, making a total of 11,848 pipes. The church organist, Lloyd Holzgraf, gives free noon recitals every Tuesday and Thursday except holidays. Other recitals (all at 8 P.M.): February 10, Nicholas Kynaston from England; March 10, Lionel Rogg from Switzerland; May 5, Michael Schneider from Germany. Tickets: $3. From April 1 through 9, L.A.'s 41st Bach festival will be held here. Call (213) 385-1341.

In most communities, organ recitals are also frequently given on smaller American or European-built instruments, equally outstanding on the basis of excellent sound and cohesive ensemble and fine acoustical setting. For these recitals, look in the entertainment or music section of your daily newspaper. □

LEE FOSTER

Riding the air

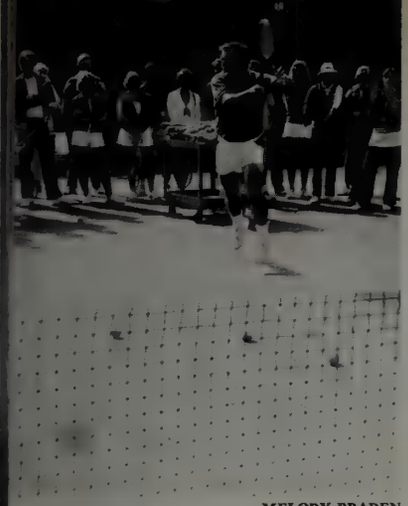
Parachutist, after tow aloft by power boat, is welcomed back to Mazatlán beach

NORMAN A. F

Horsebacking in Hawaii

Haleakala's gentle lower slopes are great for riding. Breathtaking views across Pacific bays to northwest Maui are punctuated by tall Norfolk Island pines

Which holiday adventure might best fit you and yours? A new guide



MELODY BRADEN

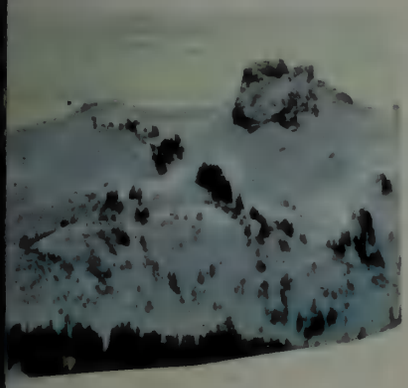
ing to school

points of tennis are demonstrated ic Braden in Southern California

DON NORMARK

Fiesta dancers

In Old Mexico costume, they're giving a special performance at the mission church of Tumacacori, now a national monument, south of Tucson



MAL LOCKWOOD

Facing wildlife

How close can you get? With patience, about this close

JOHN WADE

White water

They're braving American River's "triple-threat rapids"

KEITH GUNNAR

owshoeing

t snowfields surrounding Mount Kinley invite explorers-on-snowshoes

Sunset publication called *Western vel Adventures* makes its debut this nth. Suggestions for almost any kind holiday, from a weekend trip on a get to a family vacation of two or re weeks, fill this 8½ by 11-inch cover volume.

much more than an armchair guide. its 216 pages you'll find specific in- nation on 29 different kinds of activities, detailing the *what, when, where,* and *how* of each and indicating the expected costs.

Subjects range from digging shellfish on Puget Sound to learning to fly an airplane. Many of the adventures require you to abandon the family automobile for some other form of transportation. Many involve walking. Bicyclists have a wealth of choices: around Crater Lake, down a hundred-mile stretch of Swan River Canyon in Montana, along the Canadian Ice Fields Highway between Jasper and Banff, wheeling on and off the Alaska State Ferry to explore stops between Seattle and Skagway.

But there are other things to ride, like steam trains and river rafts. How about a helicopter instead of a chair lift to take you back up to the top for another very long ski run?

Excursions on foot often reveal unfamiliar aspects of familiar places—like Old Faithful steaming in the January cold, or the hiker's experience of a different Hawaii when he leaves crowds on the beach and heads up the inland heights. Those whose prescription for a good vacation is "strenuous" can hit a thousand tennis balls a day at a tennis clinic, or climb the challenging Sawtooth Mountains in Idaho.

There are also some mini-directories of good vacation bases: 48 small hotels and inns, even more guest ranches, and the houseboats that are available for rent all over the West.

Western Travel Adventures is the fifth title in the *Sunset* line of special-interest magazines. It costs $2.95 at bookstores and newsstands. Or you can order it by mail from Western Travel Adventures, Lane Publishing Co., 80 Willow Rd., Menlo Park, Calif. 94025, for $3.95 (the extra $1 is for handling and postage—and California residents should send an additional 18 cents for state sales tax). □

Mania for dracaenas *is easy to understand. These plants are colorful, undemanding, and lush*

NORMAN A. PI

Druh-*see*-nuhs

Newly popular house plants look properly jungly. They like pampering but can take neglect. They come in all sorts of sizes, shapes, colors, prices

he last five years, a group of plants ed the dracaenas (druh-*see*-nuhs) has ved from relative obscurity to wide-ead popularity and prominence in stern homes.

y the meteoric rise of these foliage nts into the league of such popular se plants as *Ficus benjamina*, schef-a, and large palms?

en indoor plant growers noted the ing trend toward tougher, bigger se plants, they knew it would be a d idea to make dracaenas more read-available. With more dracaenas in il stores, people began to learn more ut them. They saw that the plants e in many sizes, shapes, colors, and es. They also found out that dra-nas seem to suffer very little from the typical indoor environment (low light, low humidity, little water, and little feeding), and that they have a desirable jungly appearance that only a few plants, such as palms and large ferns, can match.

You can buy these sturdy indoor gems in all sizes, from pint-sized terrarium candidates to hefty-leafed, 8-foot-tall specimens for the living room (you pay accordingly). Dracaenas are ideal for the type of uses mentioned in *Sunset's* January feature on indoor gardens.

It's easy to maintain dracaenas. Given a little attention, they play their roles beautifully. Even if they're neglected, they'll hold an admirable posture.

Light: How much is enough?

Dracaenas tolerate a remarkable range of light. They'll grow in the same dimly lit room as a philodendron, or stand up to the bright light that encourages an African violet to bloom.

But there are extremes to avoid, and in just a few weeks a dracaena will let you know if you're being unfair to it.

Not enough light causes leaves to droop and become longer and narrower; cream or yellow markings on some colored-leaf varieties may fade.

Too intense light makes leaves look washed out and dull. Direct sunlight, especially through a window, can cause sunburn, manifested by large, irregular spots that change from yellow to brown.

Watering—and that ugly tip burn

"How much do I water?"—that's the question most often asked about any house plant. Dracaenas, fortunately, are not very demanding.

A hefty, actively growing plant in a warm environment always needs fairly moist soil. Smaller, slow-growing plants need a short dry period between waterings. Stiff, waxy-leafed dracaenas do well with a long dry spell between waterings. When you do water them, do it so generously that water runs out the bottom of the container.

One common water-related problem with dracaenas is their susceptibility to tip burn—a yellow-to-brown discoloration that begins at the very tip of each leaf and works its way toward the stem. Tip burn results from overwatering, bad drainage, or hard water.

You can prevent overwatering by following the guidelines above. When bad drainage is the problem (caused by a pot hole that's too small, or by no hole at all), either enlarge the hole or check the soil regularly for signs of overwatering. If the plant suffers from detrimental salt buildup caused by hard water, leach the soil occasionally by pouring lots of water through the pot. Or switch to bottled water or rainwater. Unfortunately, with a few kinds of dracaenas there's practically nothing you can do to eliminate the tip burn problem.

One cosmetic cure for tip burn involves trimming away the discolored portion with pruning shears or large scissors. Cut to mimic the natural shape of the leaf tip rather than squaring off the edges—as was done to one leaf in our color photograph at left. Careful trimming makes the plant look better and retards or avoids additional browning or yellowing.

Pamper the toughies

The minimum requirements—a decent amount of light and fairly regular watering—should keep your dracaenas going indefinitely. But you can, of course,

ntrasted *with the giants: tiny ned Dracaena sanderana spotted D. surculosa*

BILL FAULKNER

DRACAENA SHOPPER'S GUIDE: Sizes, colors, surprises, and the shopping challenge

Which dracaena?	How big? What color?	Variations on a theme	How easy to find?
D. deremensis—varieties galore	Stiff-leafed dracaenas that will grow over your head. Leaves up to 2 feet long and 2 inches wide, in varying shades of green and cream.	'Bausei' stands at the far left in the color photograph on page 78. 'Janet Craig' (probably not a variety, but the real *D. deremensis*) is directly in front of the woman. 'Gold King' is in the middle of the picture. 'Warneckii' is the common variety—it's at lower right in the photograph. You can get compact versions of 'Janet Craig' (she's holding one) and 'Warneckii.' The variety 'Longii' (not shown) bears a wide near-solid white center stripe.	Just about any good nurs sells 'Warneckii.' 'Bausei, 'Longii,' 'Janet Craig,' an 'Janet Craig Compacta' occasionally pop up. 'Go King' is presently making inroads, but you'll have to some looking for other varieties.
D. draco—the dragon tree	This one—not in the color photograph—eventually develops a massive trunk and reaches well over 30 feet outdoors in Southern California. Large ones there regularly bloom and produce orange-red berries. Elsewhere it's a fairly decent house plant.		Common in Southern California, but don't expe find it easily elsewhere.
D. fragrans—the corn plant and other bold ones	The tallest dracaenas in the photograph—ceiling touchers with big sturdy leaves. Basically bright green, with varying degrees of yellow-to-cream striping.	From left to right in the background of the color photograph on page 78: 'Massangeana,' 'Victoriae,' and unmarked *D. fragrans*. An unshown variety, 'Lindenii,' has wide cream-yellow margins.	'Massangeana' is one of th most common of substantially-sized house plants. The one in the pho graph costs about $300. Others, in decreasing orde availability: plain *D. fragr* 'Victoriae,' and 'Lindenii.'
D. goldieana—exotic, rare	Shown in black and white on the opposite page. The oval leaves are banded with gray, light green, and purplish tints. Tall, slender canes can reach the ceiling.		Rare, but worth the connoisseur's time to find.
D. marginata (now *D. cincta*, also known as *D. gracilis*)	It's the one at upper right in the color photograph. Each leaf is 12 to 24 inches long.	One variation of this popular dracaena, 'Candy Cane,' has deeper red margins. Stripes of yellow and yellow-green run the length of the leaves.	*D. marginata* is probably t easiest dracaena to find. L for 'Candy Cane' where y find the new and unusual i house plants.
D. 'Masseffiana'	This one—shown on the opposite page—is a hybrid of *D. fragrans* 'Massangeana' and *D. surculosa*. The foot-long, dark glossy green leaves have faint yellow spotting.		Good luck.
D. reflexa (*Pleomele reflexa*)	Can get very tall. Stubby, dark green leaves densely cover wiry stems.	Many variations, including a yellow-striped old-timer called 'Song of India.'	Old favorites, but they now seem almost impossible to find.
D. sanderana—favorites for terrariums, dish gardens	Pint-size dracaenas that can get tall after a long time. Thin leaves may grow to 9 inches long, one inch wide. Broad cream margins mark the regular *D. sanderana* (shown on page 79).	*D.s. virescens* has all-green leaves, bamboolike stature. 'Borinquensis' has sturdier, darker green leaves with faint gray striping.	You'll find this one even in supermarkets. 'Borinquens variety occasionally finds way into the same spots. *D.s. virescens* will take sor searching.
D. surculosa (*D. godseffiana*)—gold spot dracaena	A compact plant, usually bought small and sometimes reaching to 4 feet tall. Glossy, dark green, oval leaves with varying degrees of spotting and mottling. Shown on page 79.	The regular *D. surculosa* bears a few spots of cream on the leaves. 'Kelleri' has more and larger spots with some interconnecting mottling. 'Florida Beauty' has more cream than green on many leaves.	Maybe one out of every thr nurseries or house plant boutiques will offer this or its varieties.
D. thalioides (*Pleomele thalioides*)—lance dracaena	Lancelike leaves give this one a unique look—more like a spathiphyllum than a dracaena. Each leaf is shiny and somewhat wavy. Highly susceptible to mites.		Spider mite problem makes uncommon, but it's worth t effort of looking for it.

per them a little.

t fertilizer at recommended rates.

n the leaves of dust when necessary.

ot the plants when they have thor-
hly filled their pots (slide off the pot
nd out). And rotate them when they
too much in one direction toward
light.

se chopped-off canes

ally, you buy large dracaenas with
r leafy top growths sprouting from
vy sawed-off canes. This is neither an
dent nor the nursery's way of keep-
large plants in bounds. Many grow-
start their dracaenas as the bare
ooted canes that are shipped in from
pical areas where they've been cut in
wild. The growers set these cut canes
heated rooting beds to produce new
ts and top growth.

ting back your own too-tall dracaena
a respectable height is not recom-
nded. But if it's really too large and
must cut off the top, you can expect that a healthy heavy-caned plant—growing under the best conditions—may produce a few new branches.

What's in a name?

The dracaenas we've talked about bear the botanical name *Dracaena*. As a common name, dracaena is thrown around rather loosely, and sometimes it is mistakenly tagged onto some close relatives. Plants offered as blue dracaena, bronze dracaena, or the doubly misleading dracaena palm actually belong to the botanical group *Cordyline*. Small terrarium versions of *Cordyline terminalis*, such as 'Baby Doll' and 'Firebrand,' are often sold simply as dracaenas.

How do dracaenas and cordylines differ? For one thing, the big cordylines fare better outdoors in colder climates than dracaenas do, but the small cordylines are not as tough as true dracaenas. And of the dracaenas, only *D. draco* can match the drought tolerance of the larger cordylines. □

Sheaves of bare canes *from Hawaii wait in holding tubs for heated rooting beds*

otic markings *Dracaena dieana add a pical touch to s kitchen nter. Kitchen's ra humidity d east-facing ndow provide al conditions*

Bamboo-like *stalks of Dracaena 'Masseffiana' tower more than 8 feet tall*

BILL ROSS

Gardener's privilege, *thanks to Southern California coast climate: growing a dracaena outdoors*

Roomy pantry serves kitchen. Japanese split cotton hanging is pantry "door"

The super kitchen cabinet. *Shelves wrap around three walls and part of the fourth in the 4 by 10-foot pantry. Japanese hangings (right) partially screen entrance*

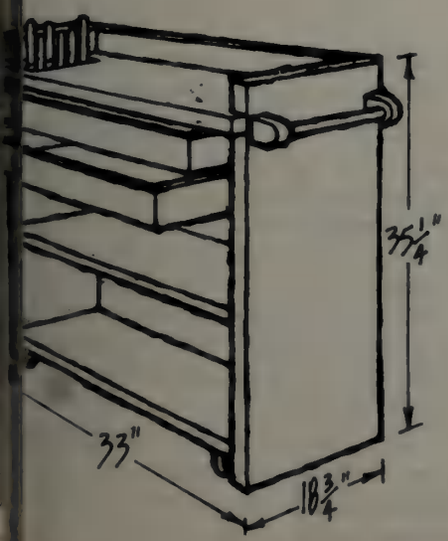
NORMAN A. PLA

Everything within reach. *Hooks on overhead rail hold enough pans to fill several cupboards. On six-burner restaurant stove, cook can keep several things going at once. Cart on wheels can be moved wherever it's needed*

Good cook's small kitchen

It works beautifully. One reason is the open pantry. Another is an unusual cart, a movable counter-on-wheels

Main dish. *Chicken breasts with prosciutto, broccoli, Mornay sauce are prepared on roll-around storage unit (see sketch) and served from it later*



Through the years every good cook develops a personal rhythm and style; Margot Botsford of Los Altos Hills, California, is no exception. Challenged with planning a kitchen for her new house, she decided how she wanted it to work, for her family (which includes grown children and grandchildren visiting at times), and for guests (in either small or large groups) inside the house or on a deck nearby.

These were the ideas that she and her husband, David, brought to preliminary discussions with their architect, Joseph Esherick (Esherick Homsey Dodge & Davis, San Francisco). Here and on the next two pages you see how they developed and took form in the heart of this house: the kitchen and adjoining areas where people gather together for eating and relaxation.

To learn exactly how this part of the house works, we watched Mrs. Botsford prepare and serve a dinner for six. Pictures on these pages were taken before and during that dinner. Recipes for the chicken and broccoli entrée and fruit tart dessert are on page 122.

Mrs. Botsford says: "I wanted a small kitchen where I could cook, and listen, and talk to my guests at the same time. This U-shaped kitchen is completely open to the dining room. I am with my guests but not in their space.

"The movable chop-block cart designed by architect Thomas Higley, San Francisco, is one of the best features in the kitchen. It glides around with me as I prepare meals, serve, and clean up. When it is positioned at the open end of the U between the kitchen and dining room it becomes a mild barrier. People don't go around it."

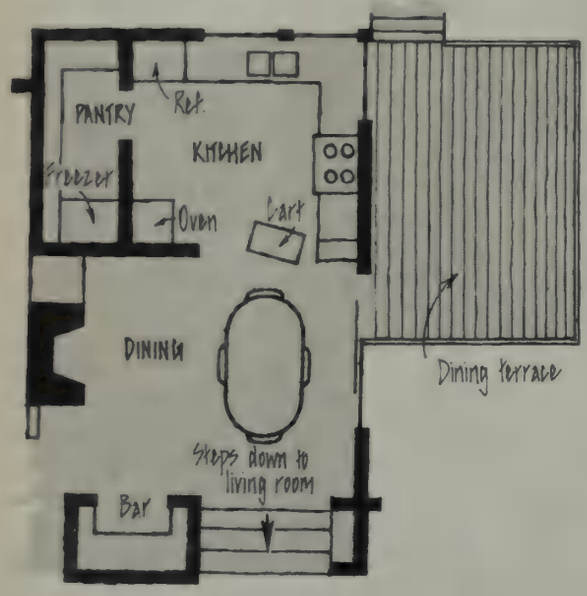
The top of the cart is made of laminated oak strips and can be used for chopping. Heavy-duty casters let it move effortlessly around the room: to the sink for chopping vegetables, later by the stove to add work space, then facing the dining room for serving.

Slots on the left side of the chopping surface hold knives; drawers below the oak top store kitchen towels and place mats. One tray sitting on an open shelf is for the toaster; the other tray carries items that always go on the table, including salt and pepper shakers and small jars of jam. The towel rack on one end acts as a convenient handle for swinging the cart around.

One of the reasons that a kitchen this small works well is that generous storage is nearby. The open-shelf, walk-in pantry pictured at top left, an old idea, is as welcome and useful now as it was 100 years ago. Space is costly in contemporary houses, and the cost of cabinets is even greater. This pantry has 30 shelves (173 linear feet) of 12-inch-wide unpainted Douglas fir boards. It stores food, pots, pans, and bulky serving dishes that would otherwise require

Dessert. *Fruit tart gets sprinkling of toasted almonds at tiled side counter*

Wine and glass storage *is in convenient niche off dining room. Folding louvered doors shut it off when not in use*



Dining area and deck *are both close to kitchen, so indoor or outdoor dinner parties are easy to manage*

Service from the kitchen. *Movable cart set up for buffet service means less work for hosts and lets guests move around a bit*

many cabinets in the kitchen itself.

As a consequence, this kitchen remains small, compact and completely workable. And it's unusual to see a kitchen this small with only one over-the-counter cabinet for storage.

Japanese hangings conceal the walk-in pantry adequately from the kitchen and make a door unnecessary. The cotton panels (*noren*) are traditionally used in Japan over the entrance to a restaurant or shop. They sometimes carry the name of the business, sometimes a welcome greeting or an advertisement related to the food served inside. The Japanese symbols on these noren state that a certain saki goes well with fish.

A 2-foot-square skylight in the pantry admits full light during the day; incandescent light takes over in the evening.

Behind bifolding louvered doors off to one side of the dining area is a 4 by 6-foot alcove with a sink, small refrigerator, space for wine storage, and open shelves for glasses.

Glass casement windows wrap around one corner of the kitchen to expand the space visually into the garden. By the range, a window opens for ventilation; when there's barbecuing on the deck, the cook uses this window to keep an eye on the roasting meat.

The big gas range was bought at a restaurant supply shop. Its pilot lights are kept turned off, to be lit individual only as each burner is needed.

The meal may be served either on th deck or in the dining room, dependin on the menu, the weather, and the siz of the party. For small groups, the din ing room table is used for sit-dow dinners. For a larger party, the sam table serves as a buffet and guests mov through the house either taking the food out to the dining terrace or int the living room.

The photographs and the plan on the pages show how these rooms—th kitchen, deck, dining room, and the ad joining living room—work with eac other to help the cook serve and als

NORMAN A. PLATE

The dining area is right next door. Buffet from the cart. After-dinner coffee by the fire

After dinner, *guests can turn chairs around and continue conversation by the dining area fireplace. Kitchen is close by for coffee refills*

w guests to participate and move ınd during a party. One reason the ngement succeeds is that there are loors between the indoor areas.

ough all this part of the house, ding materials are consistent: walls ıthed in hemlock, kitchen cabinets of ical-grain Douglas fir, and floors of finished with an oil sealer. The hen floor is merely wet-mopped oc- onally and oiled about once a year. a rugs are used in both the dining living rooms.

walls are accented with artwork that Botsfords have collected from trips apan, Southeast Asia, and islands in Pacific. □

Drawing table-desk is easy to make and it's convertible

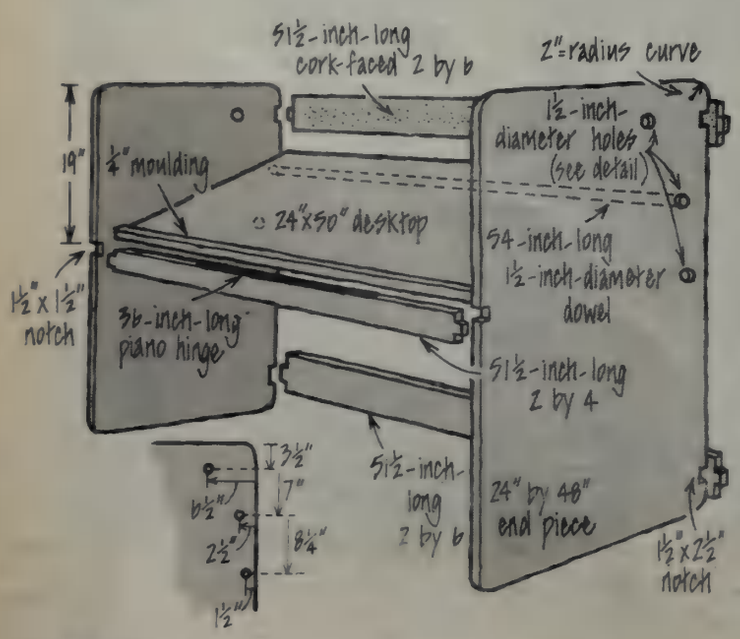
If you price drafting tables at an art-supply store, you'll quickly see one big advantage to building the one pictured here. David Fitch of Seattle made it for just under $70, using birch-veneered plywood. A less expensive material would cut the cost further.

To build one like it, you'll need a 4 by 8-foot piece of ¾-inch plywood; a 54-inch length of 1½-inch dowel; a 5-foot 2 by 4 and two 5-foot 2 by 6's; a strip of ¼-inch quarter-round or other wood trim to keep pencils from rolling off the tabletop, plus glue or finishing nails to hold it in place; a dozen ¼-inch flathead brass screws; a 36 to 48-inch-long piano hinge with its complement of wood-screws, and ¼-inch-thick cork to face the upper 2 by 6.

Precut the wood to the dimensions indicated below. Sand all surfaces smooth. Predrill holes for the brass screws (they fit through the end pieces into the 2 by 4 and 2 by 6's).

Assemble the table without driving the screws in all the way, to make certain the pieces fit together properly. Then take the table apart and finish the pieces separately. Mr. Fitch used three coats of polyurethane except where the wood overlapped; those areas were given only one coat.

Once the finish is dry, assemble the table. Touchups may be necessary. □



DON NORM

1 • *With its tilting top at midlevel (about 22½°), the desk is right for sketching, drafting*

2 • *To adjust the angle, just slide out the long dowel and replace it in higher or lower holes*

3 • *Folded flat for writing or water colors, drawing table shows its versatility*

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NORMAN A. PLATE

Guard rail *as well as handrail, this solid structure makes short flights of stairs safer for small children*

Railing conceals *fluorescent light tubes that illuminate stairs, accentuate stairwell opening*

DON NORMARK

Handrail repeats *geometry of this Seattle hillside house; half flights serve five levels*

Stair and rail ideas ... if you plan ups or downs

As more and more houses, both new and remodeled, go vertical, stairs and stair rails become increasingly important. All three of the examples shown here are sturdy, practical, and simple in design —yet each serves a slightly different function.

The railing above left was designed to make two short flights of stairs safer for a family with small children. It's built from 2 by 4's and 2 by 6's of clear Douglas fir; at 4-foot intervals, ⅜-inch dowels fasten the boards to 1 by 12-inch stringers. Number 12 woodscrews, 2½ inches long, hold the two sets of rails together and create a diagonal pattern. The railing was designed by Crutcher/Wolf Architects for a two-story house in Mill Valley, California.

The lighted railing at upper right was designed by Richard Painter for Mildred McGilvra's house in Portland. Two oil-finished Douglas fir 2 by 12's are nailed to 4 by 4-inch vertical posts to enclose and hide a pair of fluorescent light tubes. These throw a soft light down onto the stairs rising from the entrance hall (a slightly recessed 2 by 4 covers the tubing to prevent light from shining up). They also illuminate the lighter colored second floor carpeting to sharply defi the stairwell opening.

The railing above is made from t pieces of ¾-inch plywood laminated a edged in vertical grain fir. Treads, a plywood, are dadoed into plywood si rails. Carpeting wrapped around trea can be shifted as it shows wear. Th or four coats of high gloss, dark bro enamel were used to finish the hand a side rails. Richard W. Hobbs of Hob Fukui Associates was the architect.

The Buick Wagons.
uilt in the belief that if all you wanted was cargo space, you'd buy a truck.

slight overstatement, true. But u ask of a wagon is mere hauling perhaps you're not asking n.

which case, let us direct your n to the new Buick Century or its slightly larger cousin, the Estate Wagon.

n they haul? The answer is a ding *yes*. With nearly 72 cubic cargo space in the Century, in the Estate Wagon.

t that isn't what makes a Buick special. It isn't that a Buick ul as much as a truck. But rather ene way it goes about its chores. the difference.

e ride is smooth and unruffled. s computer-tuned suspension out greatly here.)

d how comfortable it is. tery-wise, there's a choice of le fabrics that ranges from rugged vinyl to supple velour in the Estate Wagon. And the decor is elegant enough to convince you you're riding in a fine automobile.

In motion the Century Wagon is a product of the times—trimmer, lighter on its feet, decidedly more nimble to handle in traffic than last year's counterpart. And because of that, less power is required to move it, too. In fact, the Century is powered by a new, even-firing, 231-cubic-inch, (3.8 litre), V-6, which in turn does marvelous things with a gallon of gas.

According to EPA estimates, a Century Wagon with standard 231-cubic-inch, (3.8 litre), V-6 and automatic transmission achieved 27 mpg in the highway test, and 19 mpg in the city test, for a combined figure of 22 mpg. (California estimates are lower.) Your mileage may vary depending on the condition of your car, its equipment, and your driving habits.

Incidentally, the V-6 isn't the only powerplant that's available in the Century, either. In fact, all Buick wagons are available with a selection of GM-built engines produced by various divisions. See your dealer for details.

And while you're there, be sure to test-drive the Buick Wagon of your choice.

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SHE CHOSE AYNSLEY.®

A timely investment in timeless art.

That's Aynsley.

It's the purest bone china that man can make.

Each piece is proudly signed as a work of art.

Small wonder the Queen of England chose Aynsley.

It is a cherished tradition, born in 1775.

When Aynsley creates a new pattern, it is one you would want to live with all your life.

Consider the Cottage Garden, shown here.

It's the gift of a lifetime. For more than a lifetime.

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Aynsley Bone China,
225 Fifth Avenue,
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The English member of the Waterford Crystal family.

By hand, with heart.

photos: Pesin

Photo: Pesin

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Blown by mouth & cut wholly by hand, with heart.

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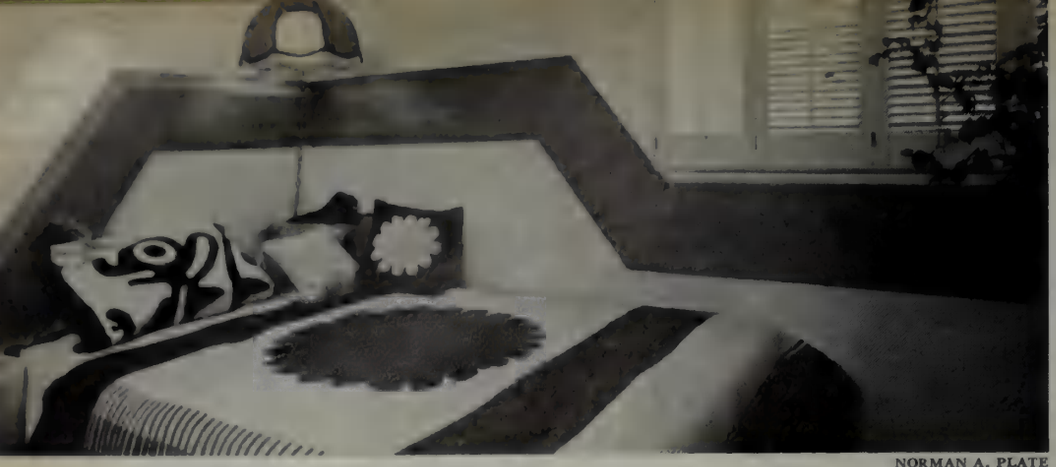
Free stemware booklet. Waterford Crystal, [illegible] Avenue, [illegible]



NORMAN A. PLATE

Natural super graphics *made of redwood wrap around three walls. Set and filled finishing nails hold wood to walls*

Her purpose: make the small room seem larger

Small rooms usually make you fee more comfortable when they contain minimum of furniture and accessories Interior-designer Lydia Wang of Sant Ana, California, wrapped a redwood by 12 around this tiny bedroom to creat a visual accent and eliminate the usua headboard and bedside tables.

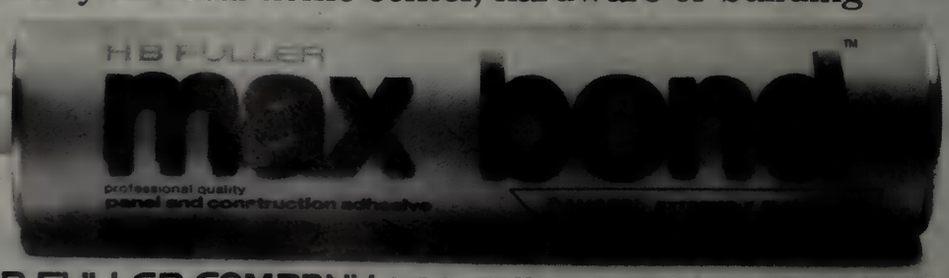
The oiled redwood starts as an apron fo a 12-inch-deep counter under a corne window, then swings around the room climbing and dropping to create a corne headboard above a single bed. The strip ends at the bedroom door.

White ceiling and walls make the roon light and open in feeling, yet the thi accent created by this touch of natura material gives the room a warm tone without overwhelming as an entire wal of wood paneling might.

The power tool for people who don't want to waste their energy.

Max Bond™ panel and construction adhesive. Great for paneling because it's so easy to use. Grabs fast, sets up quick, holds tight, resists oozing, and cleans up easily. Very versatile, too: Bonds practically every kind of building material: wood, polystyrene foam, concrete, drywall, steel, etc. It's even strong enough to hold junction boxes to concrete!

So when you put up paneling, don't put up with anything less. Buy Max Bond at your local home center, hardware or building supply outlet.



HB FULLER COMPANY 315 South Hicks Road • Palatine, Illinois 60067

The ColorTrak System. Could it be the best 19" or 25" (DIAGONAL) color picture you can buy?

RCA's exclusive ColorTrak System is a major achievement in color picture performance. Because ColorTrak is a truly remarkable system that actually grabs the color signal, aligns it, defines it, sharpens it, tones it and locks the color on track.

Getting the color right is what the ColorTrak System is all about.

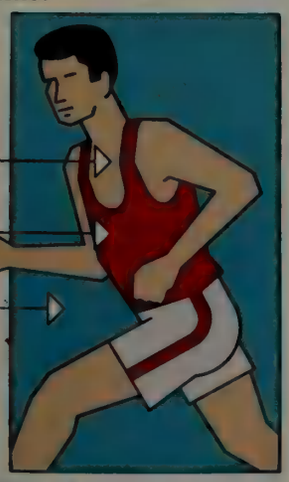
Here's how it works.

Automatic Color Control works to keep colors consistent.

Color variations can occur when the program changes, when a commercial comes on, and when you switch channels. ColorTrak's Automatic Color Control constantly monitors the color and actually adjusts it for you when changes occur.

A Tinted-Phosphor Picture Tube reduces reflections.

Room light that reflects from the screen can make color appear to "wash out." Many sets have a black matrix to absorb some of that light. But ColorTrak enhances its black matrix with specially tinted phosphors that absorb even more room light. So colors appear naturally vivid and lifelike.



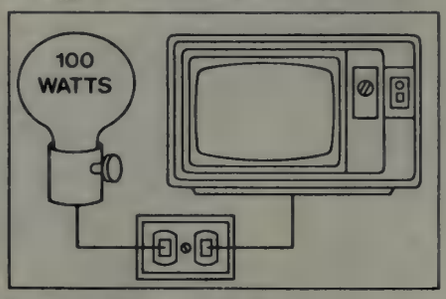
A Dynamic Fleshtone Correction System.

One of the hardest tasks for a color television is correcting varying fleshtones without distorting other colors. ColorTrak's Dynamic Fleshtone Correction brings fleshtones into the natural range, yet minimizes the effect on other colors.

The Spectra, 25" diagonal, Model GB730. Distinctive contemporary cabinet with beautiful rosewood finish and sleek chrome trim. Base finished in matte black.

The XtendedLife Chassis designed to be RCA's most reliable ever.

ColorTrak runs cooler and uses less energy with the XtendedLife Chassis. It generates less heat and subjects parts to less electrical stress than the chassis it replaces. The XtendedLife Chassis is designed to last longer and require less service than any previous RCA chassis.



The XtendedLife Chassis uses about as much energy, on average, as a 100 watt bulb.

Another RCA landmark in electronic performance.

To assure RCA excellence, we test ColorTrak throughout production. Circuits are tested by our new computer system which rejects parts that don't meet our high standards. And RCA technicians perform hundreds of tests on materials, parts and subsystems, making ColorTrak the most thoroughly tested set in RCA history.

ColorTrak could well be the finest color receiver you can buy. We invite you to see the ColorTrak picture. And judge for yourself.

RCA ColorTrak

RCA is making television better and better.

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In every room of your home.

Discover all the wonderful ways you can update, decorate, innovate and color-coordinate with real ceramic tile. Send 25¢ to American Olean and we'll send you our colorful book that shows you how to do it.

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☐ Please send me your FREE color catalog.

NORMAN A. PI

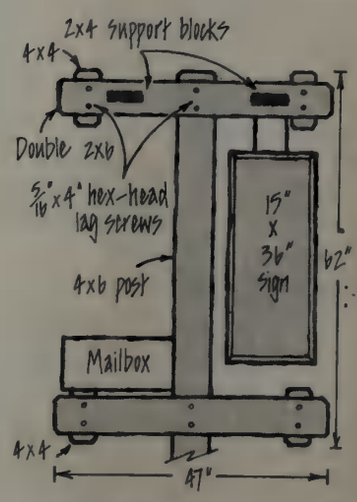
Entry is enhanced *by hard-working unit holding flowers, address, and mailbox*

It says "Here's where we live"

More than a letter drop, this redwo structure displays easy-to-read hou numbers and a moss-covered hangi basket of flowers. Dave Perce of Orind California, designed it.

The 10-foot-tall 4-by-6 post, set 3 fe into concrete, has two pairs of 2-by crossbeams attached with 4-inch l screws. Four beveled 4-by-4 blocks ke the crossbeams secure at opposite en Flowerpot and house sign hang fro hooks screwed into 2-by-4 blocks nail between the upper set of beams; mailb is nailed atop the lower set.

To frame the sign, 2 by 4's with mitere corners were routed to fit 1-by-6 tongu and-groove redwood boards cut at 45 The large numbers in a contrasting col were purchased at a hardware store.



Here are the sizes *of redwood you'll need*

WHO COULD POSSIBLY IMPROVE ON LAST YEAR'S CHEVY BLAZER?

WE COULD. AND DID.

E 1978 CHEVY BLAZER. It has old-up rear seat now that you n order which makes it a lot sier to convert from passenger load-carrying tasks. Simply ease two catches and fold e rear seat up behind the front ats. Or you can take it out tirely by removing three bolts. In addition, there's consider-ly more leg room for rear at passengers since the floor hind the front seats has been vered. And for added con-nience, power windows and wer door locks are now ailable.

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features like available full-time 4-wheel drive, double-wall construction, a rugged suspension and computer-matched brakes. But leave it to Chevy to make more of a good thing.

A WORD ABOUT ENGINES. Blazers are equipped with GM-built engines produced by various divisions. See your dealer for details.

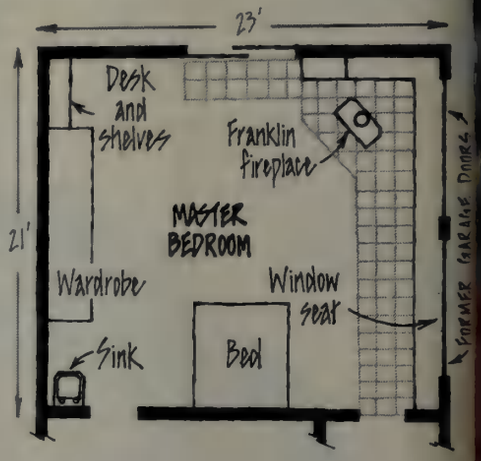
CHEVY TRUCKS

BUILT TO STAY TOUGH

Rice scoops *from a basket shop hold balls of yarn next to shelves in desk area. At right, you see the room from the house's entry hall. Window bench and raised floor form seating area around Franklin stove*

NORMAN A. PLA

Two car garage is now a spacious retreat for parents



New bedroom *measures 21 by 23 feet; plan shows how it all comes together*

Converting the garage into a master bedroom was top priority for Shirleen and Richard Hall when they moved to a small, two-bedroom house in Los Gatos, California. Their two children now occupy the original bedrooms, and Mr. and Mrs. Hall have a spacious retreat, away from the youngsters, where they can read, listen to music, pursue crafts, and relax with friends. (The car stays outside —that's legal in this community.)

The new room is paneled with shiplap redwood salvaged from an old barn; it was wire-brushed to reveal the wood grain and finished with a waterproof wood sealer. The rough-textured paneling runs diagonally on wardrobe doors and one wall, creating a contrasting background for Mrs. Hall's weavings and basketry.

Quarry tile covers a 3-foot-wide strip of the original cement floor; it widens to 6 feet under the Franklin stove. The remaining floor, built up 1 foot and carpeted, sets the rest of the bedroom on a different level and provides ample low seating in front of the stove.

Redwood 2 by 10's across the picture windows (right side of large photograph) form ledges deep enough to hold potted plants. The window bench, made from a 24-inch-wide slab of redwood, runs 18 feet along the wall, then turns the corner to become a storage box. □

Built-in wardrobe's *heavy doors slide on barn door hardware. At left, tiled sink, lights, mirror, and towel rack are convenient for shaving or washing up*

Heritage furniture:
craftsmanship in the grand tradition.

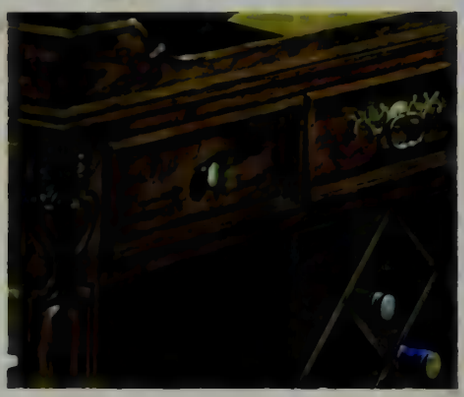
Hand-crafted quality for enduring pleasure.

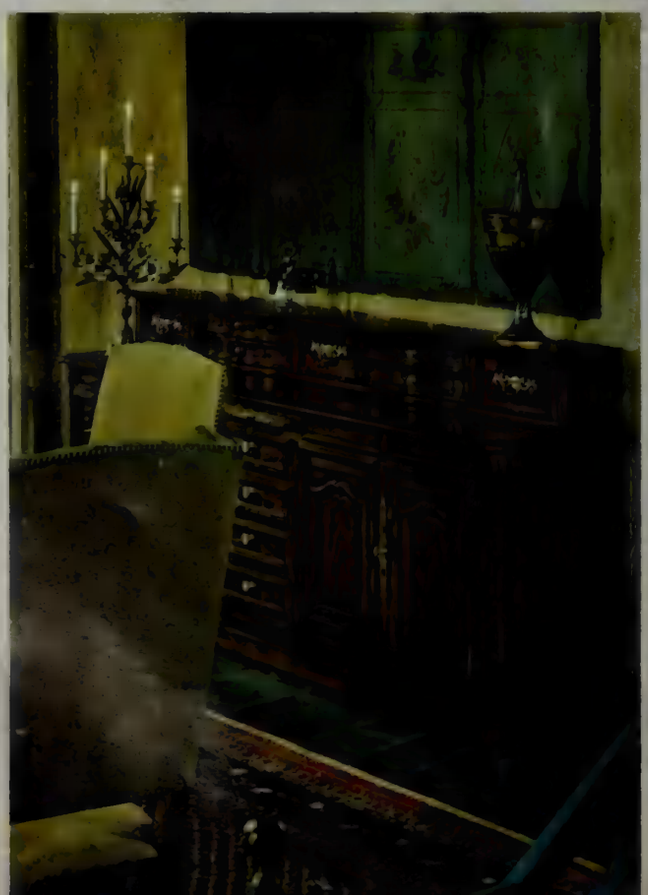
In our agitated age of instant-this and imitation-that, we at Heritage proudly acclaim a greater goal. The creation of fine furniture in the grand tradition of master craftsmen.

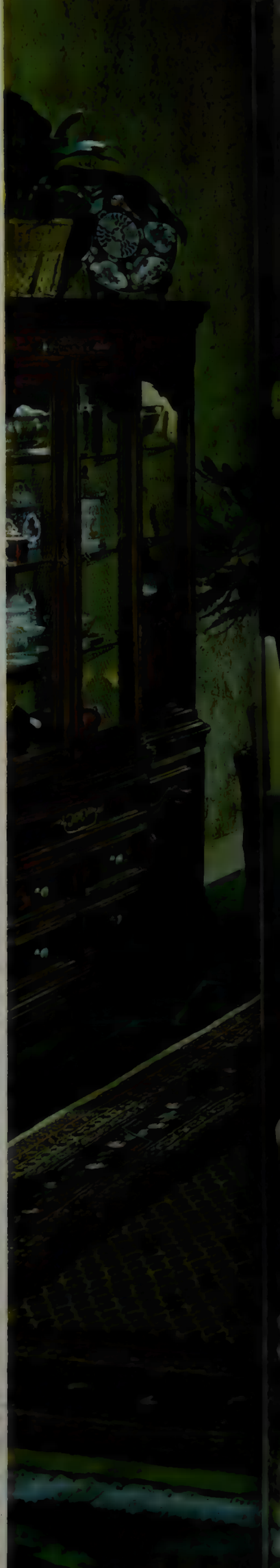
Thus we hand select veneers for tables and cabinets, so their grains flow in patterned harmony. We sand them again and again as prelude to a painstaking finishing process that involves up to 35 steps.

Our upholstered furniture is similarly lavished with care. Skilled woodworkers shape and frame each sofa and chair, using only seasoned hardwoods. We hand-tie all springs, apply choice filling materials. Then tailor them in a stunning array of over 800 sumptuous fabrics and leathers.

Today, such patient, costly hand craftsmanship is all too rare. But at Heritage we know that to create furniture of enduring beauty, value and pleasure—there is still no other way.



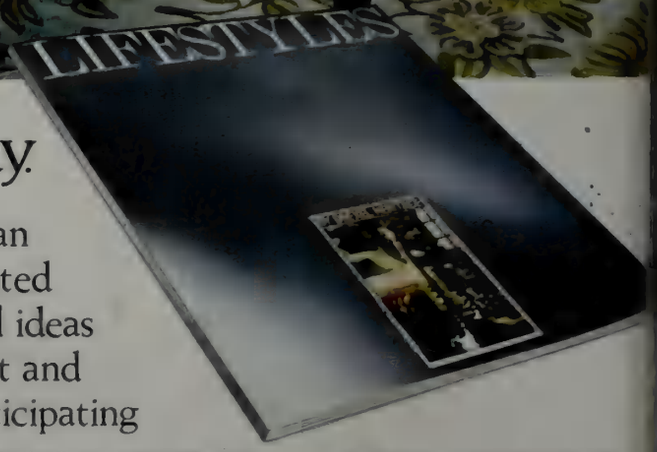




Front Page: Heritage Upholstery and Brittany™ Collection

Inside Page: From the Brittany™ Collection of Dining Room, Bedroom and Occasional Furniture

Back Page: From the Grand Tour III™ Collection of Dining Room, Bedroom and Occasional Furniture



Heritage: for the way you live today.

In the belief that furnishing your own home should be an inspiring, exciting adventure, Drexel Heritage has created the book *Lifestyles*. 196 pages of fresh, colorful, practical ideas to help you create a home environment that will reflect and enrich the way you live today. Available now from participating Drexel Heritage dealers.

For your nearest dealer, call toll free 800-243-6000 (In Conn. 1-800-882-6500)

© Drexel Heritage Furnishings Inc 1978

In this old house, the bedroom now steals space from the old bath

ple who buy quaint old houses often erit headaches along with charm. Anated plumbing and bedrooms with- closets are common complaints. In 1905 farmhouse that Dr. and Mrs. mas Rekdal bought in Seattle, archi- Weldon Jean Skirvin solved these blems in a single remodeling project.

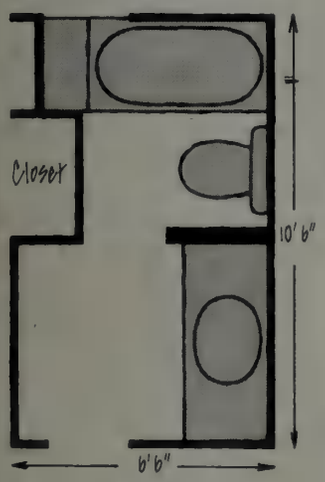
w fixtures replaced the old ones in the by 10½-foot bathroom, and still left m for the intrusion of a new closet l shallow toy cupboard from the adent bedroom. The closet is adult size, l the toy cupboard has a future as a kcase.

e closet also serves a function in bathroom: Along with the cedarnmed partition opposite it, it creates alcove for the tub and toilet. This leaves the rest of the room free to function as a dressing room, with space for a chest of drawers and a straight chair.

Smooth-faced V-groove cedar faces the bathroom's old plaster walls, the ceiling, and the new closet. Tiles cover the floor, tub alcove, and 4-foot-long washbasin counter. Bath linens and cleaning supplies are stored in cabinets under the counter. □

DON NORMARK

New closet *and cupboard give storage in formerly closetless bedroom by borrowing space from next-door bath*



Alcove *for tub and toilet is formed by closet and a partition opposite it*

nched into bathroom, *new closet is ed with wallboard and cedar. Tub its own window, tiled shelf*

LOVE NEST™...THE ULTIMATE BIRDHOUSE

ROOF OVERHANG
PREVENTS DIRECT SUNLIGHT OR RAIN FROM ENTERING NEST CAVITY.

DOUBLE THICK
WALLS, FLOOR AND ROOF.

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4" x 4" x 8" WITH A 1¼" DIAMETER ENTRANCE HOLE.

ASSEMBLE IN SECONDS
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HELPS MAINTAIN COMFORTABLE NEST CAVITY TEMPERATURE.

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200 LB. TEST CORRUGATE, LAMINATED WITH WATER RESISTANT ADHESIVE AND POLY-COATED ON ALL EXTERIOR SURFACES.

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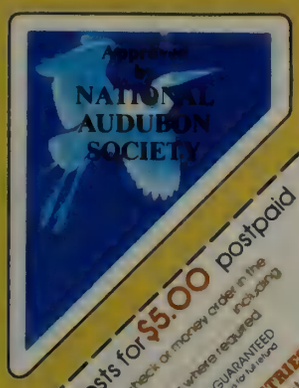

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"Has hardly ever needed repairs."

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"It's really built well. It's lasted so long."

"Best appliance we've ever owned."

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KitchenAid®. Because it's worth it.

Hobart Corporation, Troy, Ohio 4537

PETER O. W

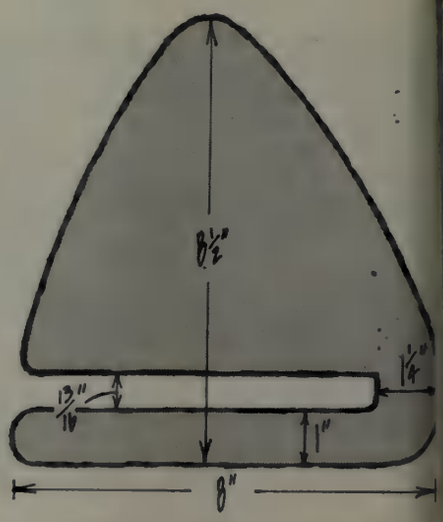
Bookend slides *onto shelf at any point to stop inexorable march of book*

End-of-the-shelf book holder

Do your books tend to leap off the of open bookshelves? The usual m ods of stopping their outward push metal bookends or a pile of large bo Tom Keller of Redwood City, Cali nia, came up with a better idea wooden bookend system that slides ily onto a bookshelf and stays there.

His bookends have a slot 1/16 i wider than the shelf's thickness. As books lean outward against the book it tilts slightly and binds into place.

Keller made the bookends from 2 by oak with the grain running parallel the shelf for extra strength. He fo that softer woods (pine, fir, or redwo tended to break at the narrow mouth the bookend.



Shape *and size can be varied, but principle remains the same*

Wide open beauty for carefree living.

Andersen® Perma-Shield® Casement Windows are a beautiful way to make the most of a free-spirited lifestyle.

Their low maintenance makes them easy to enjoy.

For over their wood core lies an exterior sheath of long-life rigid vinyl. One that doesn't rust, pit or corrode. Doesn't chip, crack, peel or blister.

Perma-Shield Casement Windows are also easy on heating and cooling bills.

Because unlike the leaky, drafty kind, they're two times more weathertight than recognized air-infiltration standards.

It's this snug-fitting design and Andersen's use of a wood core (a natural insulator) that makes double-pane insulating glass practical.

There's beauty in color, too. Your choice of our deep, rich Terratone hue or classic white.

Want to know more? See your Andersen dealer today. He's in the Yellow Pages under "Windows." Or send this coupon.

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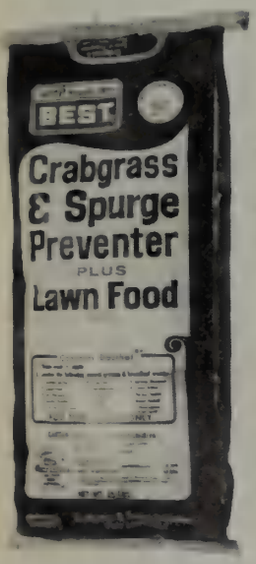

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Prevents over 15 kinds of weeds from germinating, making this an excellent preplanting treatment. Will not kill weeds once they have emerged. Contains dacthal—for turf lawns only. Not for dichondra lawn use.

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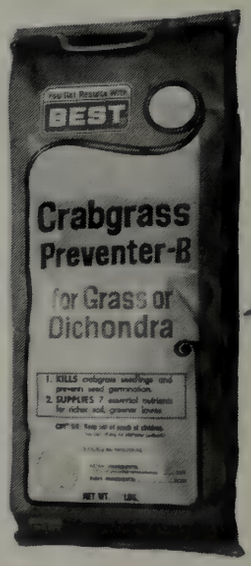
Puts a "protective barrier" between your lawn and crabgrass seeds for positive protection. Lasts through entire crabgrass germination season; won't wash away. Balanced fertilizer works to strengthen grass roots.



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Use Them Together

PROTECT YOUR PLANTS 2 WAYS!

Apply **Best Korrect** and **Oil Spray**, in combination, as an effective protection against harmful diseases and insects. They work as both a fungicide and insect control in just one application.

Read labels before using.

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DON NORM

Round table *seating four fits small (8 by 10 feet) dining space. Sliding glass doors open to a garden*

Compact dining space, pantry spac

Mini-dining space and a compact pan fit neatly at one end of the kitchen c ridor in this Arizona house.

Next to the table, a buffet with a plas laminate top provides a practical surfa for entertaining, with drawers and ca nets below.

Gentle light from above makes the e ing area seem larger than it is. A co crete aggregate wall in back of the buf reaches up to a slanted glass roof, feet high at its peak. In winter, lig flows down to the table; in summer canvas canopy cuts down excess brig ness and heat.

Richard Anderson of Tucson was t architect.

Open louvered doors *reveal narrow shelves for canned and packaged goods*

EXCELLENCE

We have achieved excellence by creating a modern self-cleaning cooking system incorporating five (5) basic cooking methods: microwave, conventional, microwave and conventional simultaneously, broiling and microwave broiling. The whole system is neatly designed into one contemporary kitchen appliance to save your space and time.

The Thermador CMT-20 MicroThermal Cooking System

This is not just an oven. It's a self-contained full size cooking system. A Micro-Thermal oven above and conventional oven below that are both self-cleaning.

Three microwave power levels for flexibility depending on the type of job the upper oven is doing. Defrosting is made easy.

Micro-Thermal upper oven can be operated with microwave and conventional cooking modes simultaneously even while the lower conventional oven is in operation, adding up to three simultaneous cooking methods.

All control and temperature dials, including digital clock are located on one easy-to-read lighted control panel.

Ceramic insert to hold small dishes in the center rack of the roomy porcelain Micro-Thermal oven.

The CMT-20 patented built-in exhaust system ventilates the ovens automatically during the cleaning process. May also be operated independently during conventional cooking.

For information and complete warranty details see the CMT-20 warranty package at your dealer or write Thermador, 5119 District Boulevard, Los Angeles, Calif. 90040

Thermador

The elegant difference

DARROW M. WATT

Their school years all in a row

Up go *the new school photographs of Monty and Coleen Macer. Small adhesive pads hold the wood blocks to the wall*

Most parents relegate their childre school pictures (the ones taken in scho once a year and sent home) to a scra book or to a cardboard box holding t family archives.

It's more fun to have them on display, all can see the changes that the passi years bring.

In the top picture, six small hardwo blocks were cut for each child a affixed to the wall. When the annu package of photographs arrives, one the larger prints is cut to approxima block size, sprayed with a mounting a hesive (sold at art and photo-supp stores), pressed into place, and trimm with a razor blade to a precise fit.

Small adhesive pads (a package of costs 40 cents at stationery and a stores) hold the blocks securely agai the wall.

Below is an example of a different tre ment. A cardboard mat with eight 2 by 4-inch cutouts was fitted into a sta dard 12 by 16-inch picture frame. Ea year another picture is added.

Different versions of stock frames a sold at framing shops and art supp stores for about $6 up. In the ty shown, small metal corner bands ho the corrugated cardboard backing place; the backing can be removed seconds when there's a new photogra to be inserted.

Lightly textured mat board costs abo $2 for a 32 by 40-inch sheet.

STEVE W. MARL

Jim presents *the pictorial record of his appearance in grades 1 to 6; grades 7 and 8 are yet to come*

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SEE WHAT'S NEW TODAY IN A CHEVROLET.

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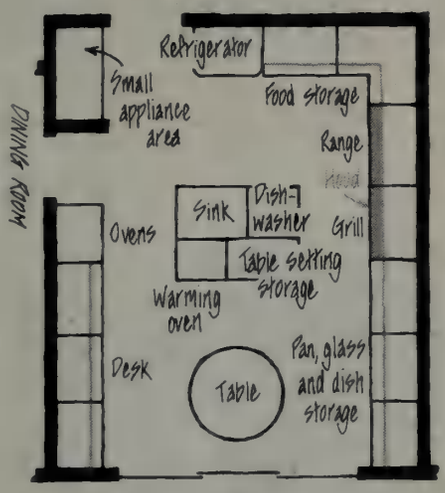
DON NORMARK

mily meals *in this spacious kitchen are comfortable and nvenient; warming oven in island is within reach*

Hard-working island *with butcher-block top is plumbed for dishwasher, sink*



Plan *for smooth operation groups related functions to save steps*

It's the island that makes this kitchen plan work

big kitchen isn't necessarily a smart tchen: More space can mean more eps and confusion unless it is carefully ganized.

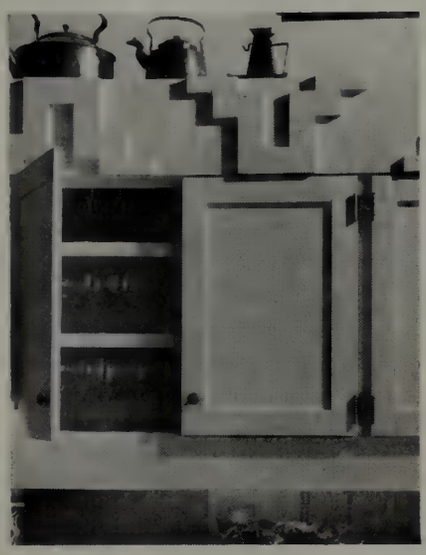
ith this in mind, architect Neil Wright f Sun Valley, Idaho, and designers Est st, Inc. of Scottsdale, Arizona, planned is 15 by 19-foot kitchen to provide lenty of storage, efficient meal planning nd cooking, and quick cleanup.

large work island with sink, dishasher, warming oven, and drawers parates cooking from dining space. ext to the breakfast table is a muchsed desk and bookshelf arrangement— place to plan menus, store cook books, rite shopping lists.

ounters topped with butcher block or le run along three sides, with ample torage above and below. Fluorescent counter lights are recessed beneath the overhead cabinets; two hanging incandescent units light the room.

The cabinets, rough-sawn cedar plywood edged with rough cedar strips, are organized to eliminate extra steps. Dishes and glassware are kept near the table, utensils and place mats in the work island, cookware next to the stove, food between stove and refrigerator, and small appliances across from the refrigerator and sink.

Atop the cabinets, the owners' collection of copper cookware is displayed—right above a geometric frieze of plywood pieces that add pattern and texture and help tie together the kitchen and breakfast areas. Like the cabinets, the frieze is painted flat white for a clean but unshiny look.



Geometric patterns *jigsawed from plywood add visual interest above cabinets; below them note the soft light from recessed fluorescent tubes*

Three kinds of tile were used: beige glazed tile for the counter near the stove, hand-painted Mexican Talavera tile for the backsplash, and unglazed Mexican Saltillo (paver's tile) for the floor. Rust colors in the Mexican tile harmonize with the custom-made rusted-steel vent hood over the countertop burners and charcoal grill. □

The Changing Western Home®

DAVID STUBBS

The airless sprayer—a useful household tool

What is an airless sprayer? It is a type of sprayer with a small electromagnetic pump mounted in the gun itself to propel paint or other liquids through a spray nozzle. Conventional spray guns, using compressed air to propel the liquid, require a remote air compressor and usually also an air storage tank.

The price of an airless sprayer ranges from about $60 to $140, depending on what it's made of (plastic versus alloys), and motor size, which determines pumping speed. Most brands use a piston pump; one uses a centrifugal pump.

As this photograph shows, the paint usually carried in a container attache to the gun, but accessory hoses can b attached so you can paint directly fror any paint can. Nozzles can be change to suit the type of paint. Cleanup i relatively easy because components ca be detached from the motor section.

We doubt that you'd want to paint $30,000 car with an airless sprayer but after you've had some practice anc with the right nozzle it will do a gooc job for you on many projects aroun the house.

DARROW M. WATT

Solar house plans

The U.S. Department of Agriculture Extension Service has built and tested a solar-heated house and is now offering a set of working drawings (seven sheets) for $7.

The design isn't likely to suit your needs exactly, but it might provide the basics. Modest in size (1,100 square feet) and ranch-style in appearance, the house has a one-car garage, a shared living and dining room, a kitchen, three bedrooms, and one bathroom.

You can order the plans from the Western Regional Agricultural Engineering Service (WRAES), Gilmore 116, Oregon State University, Corvallis 97331.

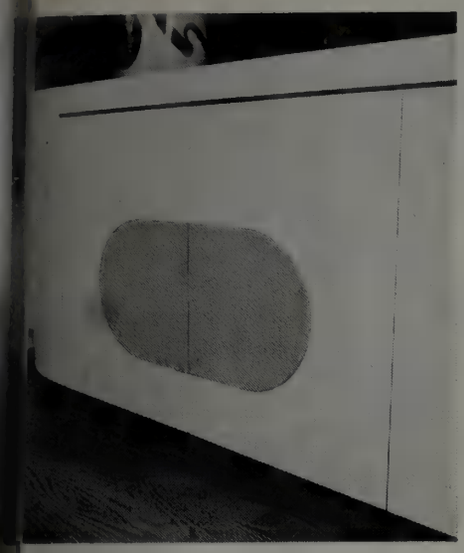
Plywood panels become seaside window savers

Closing this Oregon house facing the Pacific can be accomplished quickly and easily because its designer, Robert S. Griffin, planned it that way. He designed the house with 4-foot-wide windows and doors, so 4-foot-wide plywood panels (⅝-inch, A/B exterior grade) can be used to cover them completely.

The stained panels are hinged at the deck level. When it becomes necessary to close the house against winter storms, they are raised and nailed in place over the glass. When not in use, they lie flat on the deck.

At the present time the panels are nailed in place; pivoting catches will be added later.

Stereo speakers hide behind oblong holes



DON NORMARK

For the remodeling of Ron and Ede Schmidt's house at Lake Oswego, Oregon, architects Stephen Domreis and Craig Norman of Boutwell, Gordon, Beard, and Grimes designed a series of hard-edge, glossy white cabinets to wrap around the living room seating area. On the back are two cloth-covered oval cutouts, each hiding a conventional speaker box. (You see only one of them in the photographs at left.)

True audiophiles might object that this second layer of speaker grille cloth will slightly distort the sound; but to most listeners it seems an acceptable compromise between pleasing the ear and pleasing the eye.

PETER O. WHITELEY

Simple sorting pegs

orting laundry has become easier for arol Andrews of Cupertino, Califor-ia, since she added four dowel pegs to e wall next to the dryer. Each family ember has a dowel, so clothes that eed it can go directly from the dryer hangers and to the proper peg before rinkles set in.

he 6-inch-long, ¾-inch hardwood owels are glued into holes drilled rough the gypsum board and 1 inch to the wall studs. Porcelain pulls at-ched to the ends keep hangers from iding off. Two-color rectangles were ainted on the wall to set off each peg.

Flush-fitting door mat

Here's a way to eliminate the potential hazard of a loose-lying door mat and make it look as though it belonged in front of the door. Honolulu architect Walter Detweiler simply left out some bricks to provide a recess for a standard-sized sisal mat. Both the mat and underneath is a concrete base.

(If such an installation is unprotected from the rain, you'll need to provide drainage or the mat will get soggy and unusable.)

GLENN CHRISTIANSEN

City of Davis passes an anti-speculation ordinance

Several factors share the blame for the recent rapid increase in housing costs. But Davis, California, has taken special aim at real estate speculators, with a first-of-its-kind ordinance aimed at keeping such speculators out of the single-family home market.

(Some lenders and builders have also begun private efforts to restrict speculative purchase of new homes, by carefully screening applications and requiring higher interest rates and larger down payments.)

The Davis law, adopted as an "interim urgency ordinance" in November while alternative possibilities are studied, generally outlaws purchase of a single-family home unless the buyer signs a declaration that he will occupy it within six months and that he will maintain it as his primary residence for at least one year, rather than rent or resell it for profit.

The city council cited multiple-dwelling developments as the historic province of investor interest, whereas detached homes are "primarily purchased by persons who intended to reside therein."

City attorney William L. Owen told the council that the city's police powers authorize "regulation of any private activity where regulation reasonably promotes a valid public purpose," and the council in turn declared that "the promotion of home ownership and the protection of a residential environment have long been recognized as valid purposes of zoning regulations in single-family residential districts."

The council cited home-cost inflation of up to 2 percent per month, "dramatic increase" of home owner property taxes that force some persons out of ownership, and deterioration of some neighborhoods due to conversion of homes to rentals.

At *Sunset's* press time, the temporary ordinance had not yet been challenged in court.

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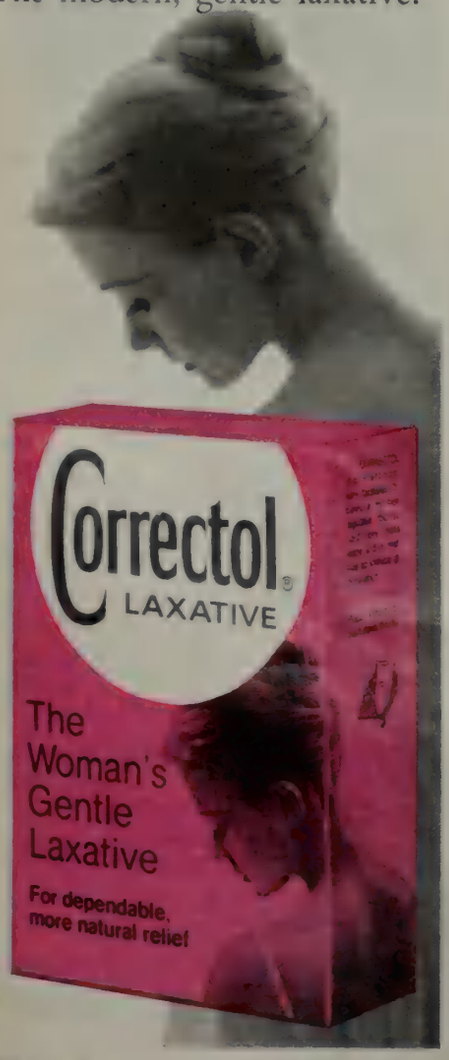

GLENN CHRISTIANSEN

Screens *easily slide across big windows in bedroom. During the day they slip out of sight into wall*

Solar window... thanks to its insulated screens

The floor-to-ceiling window in our photographs is truly a solar heater, letting in sun and warmth during the day. But, like any big window, it could become a heat drain at night and in cold weather. The insulated screens that slide across the glass prevent that.

Architect Paul Lutton designed and built the screens for a bedroom in his house in Oakland. They keep warmth in at night and also darken the bedroom for light or late sleepers.

Each screen is a sandwich made like a hollow-core door from two sheets of hardboard with ¾-inch plywood framing. A sheet of reflective aluminum foil serves as filling and insulation. The screens slide on conventional double-track sliding-door hardware and pocket out of sight into slots built in the wall. Along the roomside vertical edge of each screen, a finishing strip of alder provides a handhold for opening and closing.

The Luttons covered the interior faces of their screens with decorative bed sheets cut to size, pulled taut, and stapled to the hardboard.

Colorful bed sheet *was quickly stapled on hardboard screens*

KING TUTANKHAMUN

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Twirling animals above the crib . . . mobile made with cooky cutters

STEVE W. MARLEY

Apply glue *around cooky cutter; cover both sides with fabric, pulling it tight over edges and smoothing in place*

DAVID ST

Mother and daughter *share a smile over this polka-dot animal mobile*

Add *narrow ribbon for hanging*

Tie *ribbons to hoop with square knots*

Animal-shaped cooky cutters are the inspiration for this playful crib toy. Each metal cooky cutter is covered with bright fabric trimmed with ribbon, and hung from an embroidery hoop. The animals gently twirl, fascinating an infant's brand-new sense of sight.

To make the mobile, you will need five 1-inch-deep cooky cutters (choose simple shapes); colorful fabric scraps; an 8-inch wooden hoop (available at craft or variety stores); about ⅔ yard of 1-inch grosgrain ribbon to trim the animals; ¾ yard of ⅜-inch grosgrain ribbon to attach each animal to the hoop and another ¾ yard each of two colors to cover the hoop; several yards of fishing line or invisible thread for hanging; and white glue and scissors.

Place each cooky cutter on a double thickness of fabric, right sides together, and trace around the edges with a fabric marker or light pencil. Cut out the shape about ¼ inch outside your mark. With sharp scissors, notch the outer ¼ inch so fabric will fold snugly around cooky cutter. Squeeze a line of glue around one edge of the cutter, then center the cutter on top of the wrong side of one piece of fabric.

As the glue becomes tacky, stretch fabric over the side of the cooky cutt smoothing down edges with fingers a thumbs. Repeat for the other side cooky cutter.

When the glue has dried, spread mo glue along the metal rim of each cut and press wide ribbon all around fo neat finish.

To hang the animals, find the center gravity on top of each and put a thi daub of glue on that spot. When t glue is tacky, fold over one end of piece of narrow ribbon and press it the glue. Let dry thoroughly. Bend the short end of the ribbon and glue form a loop; you can use a paper clip hairpin to hold it together until dry.

Glue the two colors of narrow ribb inside and outside the wooden hoo Then tie the animals onto the hoop varying heights. Trim the hoop end the ribbons to a uniform length.

Knot three lengths of fishline or thre at equidistant points around the hoo then knot these lines together about inches above the hoop. With anoth long length of line or thread, attach th center point to a hook or heavy sta securely fastened in the ceiling abo the crib, bassinet, or changing table.

Design is by Elizabeth Ojanpera of San Ana, California.

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Sunset's Kitchen Cabinet®

New recipes—like inventions—are often born of necessity. Such was the case with yogurt chicken. When faced with a lean larder, one reader invented this recipe with the ingredients on hand. It proved to be a delicious concoction, worthy of company.

For other entrées this month, try t oven-barbecued spareribs, or t lentil chile to eat with condimen To accompany the meal, you mig try the crunchy sprout salad, or o

Orange slices top chicken cooked in a spiced sauce; serve with rice or bulgur

Yogurt Chicken with Oranges

Yogurt and orange juice make a tangy low-calorie sauce for chicken breasts.

- 3 or 4 large oranges
- 4 chicken breasts (about 1 lb. *each*) split, skinned, and boned
- 2 tablespoons *each* butter or margarine and salad oil
- 1 large onion, chopped
- 2 cloves garlic, minced or pressed
- ½ teaspoon *each* ground coriander and cumin
- 1 tablespoon *each* sugar and cornstarch
- 1 cup unflavored yogurt
- Salt and pepper

Cut peel and membrane from 2 of the oranges, then cut fruit in crosswise slices. Grate another orange to make 1 teaspoon peel; also ream juice fr 1 or 2 oranges to make ¾ cup jui Set aside.

In a 12-inch frying pan, heat butt and oil over medium heat. A chicken and brown on all sides, th lift out. Add onion and garlic to pa sauté until limp. Add chicken, oran juice, orange peel, coriander, cum and sugar. Cover and simmer un chicken is not pink when slash about 15 minutes. Mix cornstarch a yogurt; stir into pan juices and co just until thickened. Salt and pepp to taste. Garnish with orange slic Serves 6 to 8.—*K. J., Seattle.*

Crisp bean sprouts and lettuce are the base for this Oriental-flavored salad

Sprout and Tomato Salad

For a more elegant version, add a little shrimp, crab, or chicken to this crunchy salad.

- 2 tablespoons sesame seed
- 2 cups (about ¼ lb.) bean sprouts
- 2 cups shredded lettuce
- ⅓ cup thinly sliced celery
- 3 green onions, thinly sliced, including tops
- 1 cup cherry tomatoes, cut in halves
- ¼ pound small cooked shrimp, crab meat, or shredded cooked chicken (optional)
- Oil-vinegar dressing (recipe follows)

In a small frying pan, toast sesame seeds over low heat until golden, about 2 minutes, shaking pan frequently. Set aside as garnish.

In a bowl, combine the bean sprou lettuce, celery, green onions, tom toes, and shrimp (if used). Cover a chill, if made ahead. Make oil-vin gar dressing as directed; cover a chill if made ahead.

To serve, sprinkle sesame seeds ov vegetable mixture. Pour dressing ov vegetables and toss together. Serves —*J. B., Van Nuys, Calif.*

Oil-vinegar dressing. In a jar or bo blend together 3 tablespoons sal oil, 2 tablespoons *each* cider vineg and soy sauce, 1 tablespoon sugar, teaspoon salt, and dash pepper.

Potatoes topped with cheese and crumbs make a delicious accompaniment to meat

Cheesy Caraway Potatoes

This caraway and cumin-flavored casserole can be assembled ahead, then baked just before serving.

- 3 large (about 1½ lbs.) new potatoes, boiled and cooled
- 5 tablespoons butter or margarine
- ⅓ cup thinly sliced green onions
- 3 tablespoons all-purpose flour
- 1½ cups regular-strength chicken broth
- 1 teaspoon caraway seed
- ½ teaspoon ground cumin
- Salt and white pepper
- 1 cup shredded Swiss cheese
- ½ cup coarse fresh bread crumbs
- ⅛ teaspoon paprika

Cut potatoes in ½-inch cubes and place in a shallow 1-quart casserole.

Melt butter in a pan, then set aside tablespoons. Add onions to remaini butter in pan and sauté until lim Add flour and cook until bubb Gradually stir in broth, caraway, a cumin. Cook, stirring, until thic ened. Salt and pepper to taste.

Pour sauce over potatoes and t with cheese. Toss bread crumbs wi the 2 tablespoons reserved melt butter and the paprika; sprinkle ov cheese. Cool, cover, and chill, if ma ahead. Bake, uncovered, in a 40 oven until hot, about 20 minutes, warm, 30 to 35 minutes if chille Serves 4 to 6.—*S. F., Irvine, Calif.*

sion of potatoes au gratin. For sert, consider the pineapple pie.

share your original recipes, mail tributions to *Sunset Magazine,* nlo Park, Calif. 94025. We pay for each recipe published.

Yogurt-orange chicken, oven spareribs, hearty lentil chile, a crunchy salad

ntil Chile with Condiments

ke this lentil chile with or without at; it's substantial either way.

- 2⅓ cups (1 lb.) lentils
- About 1½ quarts boiling salted water
- 1 pound lean ground beef (optional)
- 2 tablespoons salad oil (optional)
- 1 large onion, chopped
- 2 cloves garlic, minced or pressed
- 2 tablespoons chile powder
- 2 cans (15 oz. *each*) tomato sauce
- Salt and cayenne
- Water (optional)
- Condiments (suggestions follow)

a 5-quart Dutch oven, cook lentils the boiling salted water until ten- r, about 30 minutes; drain.

the Dutch oven, cook the ground beef (if used) over medium heat until browned and crumbly. Add oil (if not using meat), onion, and garlic; sauté until onion is limp. Add chile powder and tomato sauce; simmer, covered, for 15 minutes. Add lentils and cook until lentils are hot. Add salt and cayenne to taste.

Thin with water to desired consistency, if needed. Skim off fat. Serve with condiments. Makes 6 servings. —*E. F., San Jose, Calif.*

Condiments: corn chips, shredded lettuce, diced green pepper, chopped mild onion, shredded jack or Cheddar cheese, diced avocado, taco sauce.

You can serve this lentil chile with a variety of toppings to suit your taste

ven-barbecued Herbed Spareribs

ou bake these ribs twice: first to move the excess fat, then to glaze em with barbecue sauce.

- 4 to 5 pounds pork spareribs
- ¾ cup bottled tomato-based chile sauce
- ½ cup apricot preserves
- ½ cup dry sherry or apple juice
- ¼ cup lemon juice
- 3 cloves garlic, pressed or minced
- 1½ tablespoons instant minced onion
- 1 teaspoon ground ginger
- 1½ teaspoons salt
- 1 teaspoon marjoram leaves
- ½ teaspoon *each* oregano leaves and pepper

t spareribs in serving-size pieces. ace in a single layer in a large shallow roasting pan or broiler pan. Roast, uncovered, in a 450° oven for 45 minutes.

Meanwhile, stir together the chile sauce, apricot preserves, sherry, lemon juice, garlic, onion, ginger, salt, marjoram, oregano, and pepper. Remove baked ribs from pan and pour off and discard fat. Reset oven to 350°, then return ribs to pan and baste with about half of the chile sauce mixture. Bake, uncovered, in a 350° oven, turning and basting with remaining sauce until tender and glazed, about 45 minutes more. Serves 4.—*J. F., Lake Oswego, Ore.*

Brush oven-roasted pork spareribs with herb-flavored barbecue sauce to glaze

ineapple-Raisin Pie

ou'll need about one large 4-pound neapple to make this pie.

- 3 cups chopped fresh pineapple
- Water
- 1 cup sugar
- 3 tablespoons cornstarch
- 1 cup raisins
- 1 tablespoon lemon juice
- 1 teaspoon *each* grated lemon and orange peel
- Wheat pastry (recipe follows)

our off and measure any juice that ains from the pineapple; add water make 1 cup liquid. In a pan, stir gether sugar and cornstarch, then ld juice and water mixture, raisins, nd pineapple. Cook, stirring, over edium heat until mixture boils and thickens. Stir in lemon juice and lemon and orange peel.

Pour hot filling into a 9-inch pie pan lined with half of the wheat pastry. Roll out remaining pastry and fit top crust on pie. Seal and flute crust edges; slash top. Bake in a 425° oven until well browned, 35 to 40 minutes. Serves 6.—*D. M., Palo Alto, Calif.*

Wheat pastry. Combine 1 cup *each* whole wheat flour and all-purpose flour (unsifted) and 1 teaspoon salt. Cut in 1 cup shortening until coarse crumbs form. Gradually mix in just enough water to moisten dough (about ¼ cup). Press into a ball.

Pineapple and raisins bake together in a whole wheat crust for this fruit pie

DAVID STUBBS

Dinner for two: *mildly flavored seafood curry, rice, condiments*

Shellfish dinners for two . . . curry, ramekins, pesto sauté

Fluctuating prices make many cooks think twice about serving seafood these days. But if you're only cooking for two, a seafood dinner doesn't have to wait for a special occasion. For a couple of generous servings, you need only ½ to ¾ pound of fish—at a price that's usually much less expensive than a seafood meal in a restaurant.

Here are three entrées designed for two: a seafood curry made with shrimp, crab, or langostina (similar to tiny lobster tails); oyster and shrimp ramekins with a Madeira mushroom sauce; and a scallop and vegetable combination seasoned with pesto sauce.

Seafood Curry for Two

Dissolve 1 chicken bouillon cube in ¾ cup water and set aside. In a frying pan over medium heat, sauté 1 small onion (chopped), 1 stalk celery (chopped), and ½ small green pepper (seeded and chopped) in 3 tablespoons butter or margarine until soft. Stir in 1 teaspo curry powder, ⅛ teaspoon ground g ger, and 2 tablespoons flour; cook u bubbly.

Gradually blend in the chicken br and ½ cup milk, and cook, stirring, til sauce boils and thickens. Then in ½ to ¾ pound small cooked shrin crab meat, or cooked langostina (th if frozen), and heat through, about minutes. Serve with hot cooked rice a 3 or 4 condiments such as chopp salted peanuts, raisins, shredded co nut, chopped hard-cooked egg, or cru bled cooked bacon. Serves 2.

Oyster-Shrimp Ramekins

Drop ⅓ to ½ pound medium-siz shrimp, peeled and deveined, into b ing salted water. Cook until shrimp firm and pink, then drain and set asi Also drain 1 jar (10 oz.) Pacific oyste saving the liquid; cut oysters into bi sized pieces.

The Cream of Cheese.

a frying pan over medium heat, re- n the oysters to their own liquid and k until the edges begin to curl; drain liquid and set oysters aside. Sauté small onion (chopped) and ¼ pound shrooms (sliced) in 3 tablespoons but- or margarine until soft. Sprinkle in 2 lespoons flour and cook until bubbly.

adually blend in ½ cup milk, and k, stirring, until sauce boils and thick- . Then stir in 2 tablespoons Madeira dry sherry, ¼ teaspoon thyme leaves, oysters, and shrimp; season to taste h salt and pepper.

on mixture into 2 individual rame- s (about 1½-cup size). Sprinkle each h chopped parsley and grated Par- san cheese. Slip under the broiler just il cheese browns. Serve with hot ked rice. Makes 2 servings.—*V. T., Habra, Calif.*

llop and Vegetable Pesto Sauté

½ to ¾ pound scallops
3 tablespoons butter or margarine
1 carrot, sliced ¼ inch thick
1 small onion, cut in 1-inch squares
1 small zucchini, sliced ¼ inch thick
[illegible] to 10 small mushrooms, halved
½ small green pepper, cut in 1-inch squares
Pesto sauce (recipe follows), or 2 tablespoons thawed frozen pesto or freeze-dried pesto mix (prepare according to package directions)
Grated Parmesan cheese

Rinse the scallops well, let them drain, then pat dry with paper towels. Cut them into slices about ¼ inch thick, cover, and set aside.

In a frying pan, melt 1 tablespoon of the butter over medium-high heat. Add the carrot and onion and cook, stirring, for 2 minutes. Add another tablespoon of the butter along with the zucchini, mushrooms, and green pepper; cook, stirring, for about 2 more minutes or until the vegetables are just tender-crisp. Turn the vegetables out of the pan and keep warm.

Add the remaining 1 tablespoon butter to pan, then stir in the pesto sauce. Add the scallops and cook, stirring, until scallops are firm and just opaque throughout, about 4 minutes. Return vegetables to pan and heat, stirring, for several minutes.

Turn the vegetable mixture into a shallow serving dish or divide equally into 2 individual ramekins (about 2-cup size). Sprinkle with grated Parmesan cheese and serve with hot cooked rice, if desired. Makes 2 servings.—*H. E., Menlo Park, Calif.*

Pesto sauce. In a small bowl, blend together 1 tablespoon grated Parmesan cheese, 2 teaspoons *each* dry basil and parsley flakes, and 1 tablespoon salad oil. □

Sprinkle *grated Parmesan cheese over ramekins of tender scallops and vegetables*

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2 8-oz. pkgs. PHILADELPHIA BRAND Cream Cheese
¼ cup sifted confectioners' sugar
1-oz. square unsweetened chocolate, melted
1 cup heavy cream, whipped

Melt marshmallows with ¼ cup milk in saucepan over low heat; stir occasionally until smooth. Chill until slightly thickened; mix until well blended. Gradually add marshmallow mixture to softened cream cheese, mixing until well blended. Add sugar, chocolate and 1 tablespoon milk to 1 cup of cream cheese mixture; mix well. Divide whipped cream in half. Fold half of the whipped cream into the chocolate mixture and half into the remaining cream cheese mixture. For each parfait, alternately layer each cream cheese mixture in parfait glasses. 6 servings

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DARROW M WATT

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Buns

- 1 package active dry yeast
- ½ cup warm water (about 110°)
- ¼ cup salad oil
- ½ cup sugar
- 1 teaspoon seasoned salt
- 2 eggs, slightly beaten
- 1 cup buttermilk, at room temperature
- 1 cup masa harina (dehydrated masa flour)
- 1 cup rolled oats
- 2 tablespoons wheat germ
- 3 cups all-purpose flour, unsifted

inkle yeast over water and let stand ut 5 minutes to soften. In a large xer bowl, combine oil, sugar, and salt; d yeast mixture, eggs, and buttermilk. ing low speed, beat in the masa, oats, d wheat germ; gradually add flour d beat on medium speed until well nbined and mixture leaves sides of wl. Cover and let rise in a warm place til doubled, about 2 hours.

nch down dough; divide into 12 equal tions. With floured hands, shape each a ball and place about 2½ inches rt on greased baking sheets; flatten htly. Cover and let rise in a warm ce until doubled, about 1 hour.

ke, uncovered, in a 350° oven for 18 20 minutes or until well browned. ve warm or let cool on wire racks. ap and freeze if made ahead. Makes ozen buns.—*E. S., Phoenix.* □

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DARROW M. W

Poached sole Florentine *on a bed of spinach is topped with low-calorie, low-cholesterol cream sauce*

Three cheers again for sour cottage sauce

It keeps right on making the forbidden quite acceptable. Here is poached sole, sautéed veal, and a stroganoff

Cream sauces are usually forbidden to dieters, but not the party dishes pictured here. Their creamy sauces are made with a sour cream substitute you can make yourself by whirling cottage cheese in a food processor or blender.

We first reported this sour cream substitute on page 68 of the July 1977 *Sunset*, describing ways to use it for dressings, dips, and toppings. But you can also use the low-calorie, low-cholesterol sauce in cooking if you follow the technique described in these recipes.

First make the sauce.

Sour cottage sauce (sour cream substitute). Turn 1 pint (1 lb.) large-curd cottage cheese into a fine wire strainer. Hold under cold running water and stir gently with a rubber scraper until water runs clear; drain for about 20 minutes.

Put cottage cheese in a food processor or blender and add ¼ cup skim milk and 2 tablespoons lemon juice. Whirl until completely smooth, stopping as needed to push mixture into blades and to taste for graininess; this takes about 5 minutes. Cover and refrigerate (it kee as long as cottage cheese). Makes abo 1⅓ cups.

Poached Sole Florentine

You'll need 2 pounds fillet of sole. Rin fish and pat dry. Sprinkle each pie lightly with salt and pepper, then loose roll lengthwise (split large fillets in ha before rolling); fasten each roll with pick. Set aside.

For the spinach layer you'll need 3 pac ages (10 oz. *each*) frozen chopped spi

Creamy *mushroom-wine sauce for this sautéed veal with broccoli is rich tasting even though it's made without cream or butter*

atballs stroganoff *with peppers uses veal, turkey, or lean beef; cial sour cottage sauce stands in for sour cream*

, thawed and drained, and 1 medium-d onion, chopped. Melt 1 tablespoon rgarine in a frying pan over medium t. Set aside ¼ cup of the onion to later; add remaining onion to pan sauté, stirring occasionally, until on is limp. Add spinach and stir until ted through. Season with garlic salt pepper to taste. Spread the onion-ach mixture in a prewarmed, rimmed ing dish (about 2½-quart size); cover keep in a warm oven.

poach fish rolls, use a Dutch oven or large frying pan. In the pan combine 1 bottle (8 oz.) clam juice, ½ teaspoon savory leaves, ⅛ teaspoon ground nutmeg, 1 small bay leaf, 4 or 5 whole black peppers, 1 teaspoon Dijon mustard, and the reserved ¼ cup onion; bring to boiling. Add fish, reduce heat, cover, and simmer until fish flakes easily when prodded with a fork, 6 to 8 minutes. With a slotted spoon, lift fish rolls from pan, remove picks, and arrange over spinach; cover dish and keep in a warm oven for as long as an hour.

To make the sauce, strain and measure poaching liquid, then add water if needed, or boil to reduce to 1½ cups, and return to pan; bring to simmering. Meanwhile in a bowl, blend 3½ tablespoons *each* flour and water until smooth. Stir in ⅔ cup sour cream substitute. Stirring vigorously, gradually add simmering broth to creamy mixture. Pour all back into the pan and cook, stirring, until it boils; boil, stirring, for 2 to 3 minutes. Add salt and pepper, if needed. Keep warm or reheat to boiling if made ahead.

Just before serving, spoon part of the sauce over fish; serve remaining sauce in a bowl at the table. Garnish fish with lemon wedges, if you wish. Makes 6 servings, about 228 calories and 95 mg. cholesterol each serving.

Veal with Mushrooms

- 2 pounds boneless veal, sliced about ¼ inch thick
- Salt and pepper
- About 1½ pounds broccoli or whole green beans or 2 pounds asparagus, cooked (directions follow)
- 2 tablespoons *each* margarine and salad oil
- ½ pound mushrooms, sliced
- 1 small onion, chopped
- 1 clove garlic, minced or pressed
- ¾ cup regular-strength chicken broth
- ¼ cup white wine or additional chicken broth
- ½ teaspoon thyme leaves
- 1 teaspoon Dijon mustard
- ⅔ cup sour cream substitute (directions at left)
- 2 tablespoons *each* flour and water

Trim and discard fat and connective tissue from veal, separating meat into natural divisions. Sprinkle lightly with salt and pepper. Prepare the vegetable of your choice as directed and set aside for last-minute cooking just before serving.

In an 11 or 12-inch frying pan, heat 1 tablespoon *each* of the margarine and oil over medium-high heat. Add pieces of veal, part at a time, and cook until browned on both sides and no longer pink inside, about 10 minutes. Remove veal as it is browned; set aside.

In the frying pan, heat remaining 1 tablespoon *each* margarine and oil. Add mushrooms, onion, and garlic; cook, stirring, until onion is limp. Add broth, wine, thyme, and mustard. Bring to simmering, stirring to loosen browned bits.

In a bowl, mix the sour cream substitute, flour, and water until smooth. Stirring vigorously, gradually pour simmering liquid into creamy mixture, then pour back into frying pan. Bring back to boiling, stirring constantly; boil, stirring, for 2 to 3 minutes. Add salt and pepper if needed. (This much can be done ahead; refrigerate sauce and meat separately.)

To serve, reheat sauce to boiling; add

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meat and stir gently until hot. Lift t out of sauce and arrange with co vegetable on warm serving plate; s over part of the sauce. Serve remai sauce in a bowl at the table. Mak servings of 384 calories and 136 cholesterol each.

To cook vegetable, cut off ends and tough outer layer from broccoli st cut lengthwise through stems and f ers into uniform thick stalks. Or ends from beans and leave whole snap off tough ends of asparagus. C vegetable just until tender, but bright green and slightly crisp. Drain

Meatballs Stroganoff with Peppers

- Meatballs (directions follow)
- 2 tablespoons margarine or salad oil
- 1 small onion, chopped
- 1 clove garlic, minced or pressed
- 1¾ cups regular-strength chicken broth
- ¼ cup dry white wine or additional broth
- ½ teaspoon *each* dry basil and oregano leaves
- ⅔ cup sour cream substitute (directions on page 116)
- 4 tablespoons *each* flour and water
- 4 large green or red bell peppers (or 2 green and 2 red peppers), seeded and cut in wide strips

Prepare meatballs as directed; set asi

In a 3 to 4-quart pan, melt 1 tablesp of the margarine over medium h Add onion and garlic and cook, stirr until limp. Add broth, wine, basil, oregano and stir up all the browned l bring to simmering.

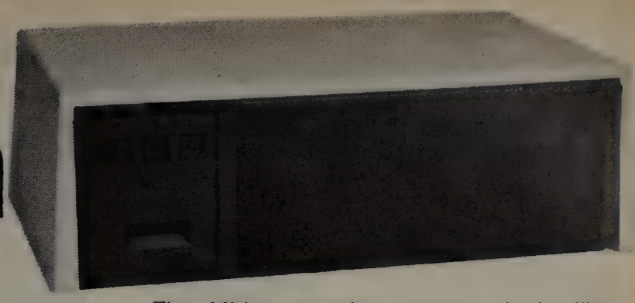
In a bowl, combine the sour cream s stitute, flour, and water; stir u smooth. Stirring vigorously, pour s mering pan juices into the creamy n ture. Then pour the combined mixt back into the pan; cook, stirring c stantly, until it boils. Let it boil, stirri for 2 to 3 minutes. (This much can done ahead.)

Shortly before serving, reheat sauce boiling; add meatballs and stir gently til hot through. With a slotted spo remove meatballs to a warm serv platter; cover and keep warm.

Meanwhile in a frying pan, melt rema ing 1 tablespoon margarine over m dium-high heat. Add peppers and co stirring frequently, until tender but s crisp and bright colored, about 10 m utes. Spoon peppers around the me balls. Pass sour cream sauce to spo over. Makes 6 servings of about 3 calories and 70 mg. cholesterol each.

Meatballs. In a bowl combine 1 pounds ground veal, turkey, or le beef. Add ½ cup fine dry bread crum 1 small onion, chopped; ⅓ cup butt milk or skim milk; 1 clove garlic, minc or pressed; 1 teaspoon salt; ½ teaspo dry basil; and ¼ teaspoon pepper. M well, then shape into 36 balls about 1 inches in diameter. Arrange on rimmed baking pan. Bake in a 500° ov for 15 minutes, or until browned.

Burglar Alarm Breakthrough



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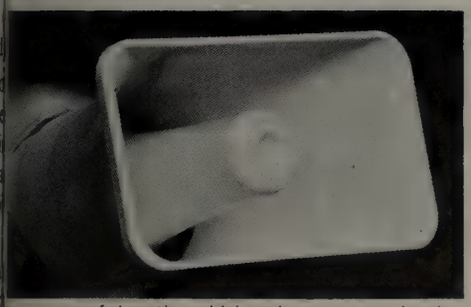

e powerful optional blast horns can also be aced outside your home or office to warn ur neighbors.

Unlike the complex and expensive com- ercial alarms that require sensors wired into ery door or window, the Midex requires no nsors nor any other additional equipment ner than your stereo speakers or an optional ir of blast horns. Its beam actually pene- ates walls to set up an electronic barrier ainst intrusion.

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The Midex is not triggered by noise, sound, mperature or humidity—just motion—and nce a computer interprets the nature of the otion, the chances of a false alarm are very mote.

An experienced burglar can disarm an ex- nsive security system or break into a home office through a wall. Using a Midex system ere is no way a burglar can penetrate the otection beam without triggering the loud arm. Even if the burglar cuts off your power, e four-hour rechargeable battery pack will ep your unit triggered, ready to sense otion and sound an alarm.

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By pointing your unit towards the outdoors m your bedroom and installing an outside eaker, light, or alarm, your unit can sense a eping Tom and frighten him off. Pets are no oblem for the Midex. Simply put them in one ction of the house and concentrate the am in another.

When the Midex senses an intruder, it re- ains silent for 20 seconds. It then sounds the arm until the burglar leaves. One minute after the burglar leaves, the alarm shuts off and resets, once again ready to do its job. This shut-off feature, not found on many expensive systems, means that your alarm won't go wailing all night long while you're away. When your neighbors hear it, they'll know positively that there's trouble.

PROFESSIONAL SYSTEM

Midex is portable so it can be placed anywhere in your home. You simply connect it to your stereo speakers or attach the two optional blast horns.

Operating the Midex is as easy as its installation. To arm the unit, you remove a specially coded key. You now have 30 seconds to leave your premises. When you return, you enter and insert your key to disarm the unit. You have 20 seconds to do that. Each key is registered with Midex, and that number is kept in their vault should you ever need a duplicate. Three keys are supplied with each unit.

As an extra security measure, you can leave your unit on at night and place an optional panic button by your bed. But with all its optional features, the Midex system is complete, designed to protect you, your home and property just as it arrives in its wellprotected carton.

The Midex 55 system is the latest electronic breakthrough by Solfan Systems, Inc.—a company that specializes in sophisticated professional security systems for banks and high security areas. JS&A first became acquainted with Midex after we were burglarized. At the time we owned an excellent security system, but the burglars went through a wall that could not have been protected by sensors. We then installed over $5,000 worth of the Midex commercial equipment in our warehouse. When Solfan Systems announced their intentions to market their units to consumers, we immediately offered our services.

COMPARED AGAINST OTHERS

In a recent issue of a leading consumer publication, there was a complete article written on the tests given security devices which were purchased in New York. The Midex 55 is not available in New York stores, but had it been compared, it would have been rated tops in space protection and protection against false alarms—two of the top criteria used to evaluate these systems. Don't be confused. There is no system under $1,000 that provides you with the same protection.

YOU JUDGE THE QUALITY

Will the Midex system ever fail? No product is perfect, but judge for yourself. All components used in the Midex system are of aerospace quality and of such high reliability that they pass the military standard 883 for thermal shock and burn-in. In short, they go through the same rugged tests and controls used on components in manned spaceships.

Each component is first tested at extreme tolerances and then retested after assembly. The entire system is then put under full electrical loads at 150 degrees Fahrenheit for an entire week. If there is a defect, these tests will cause it to surface.

PEOPLE LIKE THE SYSTEM

Wally Schirra, a scientist and former astronaut, says this about the Midex 55. "I know of no system that is as easy to use and provides such solid protection to the homeowner as the Midex. I would strongly recommend it to anyone. I am more than pleased with my unit."

Many more people can attest to the quality of this system, but the true test is how it performs in your home or office. That is why we provide a one month trial period. We give you the opportunity to see how fail-safe and easy to operate the Midex system is and how thoroughly it protects you and your loved ones.

Use the Midex for protection while you sleep and to protect your home while you're away or on vacation. Then after 30 days, if you're not convinced that the Midex is nearly fail-safe, easy to use, and can provide you with a security system that you can trust, return your unit and we'll be happy to send you a prompt and courteous refund. There is absolutely no obligation. JS&A has been serving the consumer for over a decade—further assurance that your investment is well protected.

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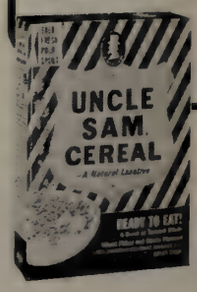

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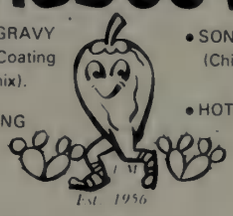

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Easy marmalade sweet to tart

Homegrown oranges often go to waste because they're not sweet enough to eat fresh. Yet often they make delicious marmalade, resembling bittersweet imported varieties found in the fancy foods sections of markets.

Following is one of the simplest marmalade recipes we've used; all the chopping is done in the blender. You can make it with regular sweet oranges from the store or sourer homegrown fruit for flavors ranging from sweet to bitter-tart.

Easy Orange Marmalade

- 6 medium-sized oranges, homegrown or from the market
- 1 lemon
- 6 cups water
- 1 tablespoon butter or margarine
- 5 cups sugar

Scrub the oranges well, cut each lengthwise into eighths, then cut each wedge crosswise into 3 or 4 pieces. You should have 6 cups, lightly packed. Scrub the lemon and cut into pieces of similar size. Combine orange and lemon.

Put a generous cupful of fruit pieces and 1 cup of the water into a blender container or food processor; whirl, starting and stopping motor, until pieces are about ½ inch square. Put blended fruit in a bowl, then repeat procedure, whirling cupfuls of fruit and water until all is blended. Cover and let stand in a cool place overnight or as long as 24 hours.

Turn the fruit mixture into a 5 to 6-quart Dutch oven, add butter, and bring to boiling over medium heat. Reduce heat until mixture just simmers gently; cook, covered, stirring occasionally for 1½ hours. Stir in the sugar, increase heat to medium, and cook, uncovered, stirring often, for about 35 minutes.

Remove pan from heat and test for thickness: Spread 1 tablespoon of the marmalade on a saucer and refrigerate for 5 minutes. It should be the consistency of heavy syrup; if too thin, return to pan to simmer for 5 more minutes, then test again and cook longer if necessary. Preserve in canning jars as directed below or cool, then store in refrigerator. Makes about 4½ pints.

To preserve marmalade, sterilize 9 half-pint canning jars. Scald jar lids and ring bands. Ladle hot marmalade into hot jars to within ⅛ inch of rims; wipe rims clean with a damp cloth, close with lids, and screw on bands. Let cool on towels. When completely cooled, press lids down to check for a good seal. If center of lid stays down, jar is sealed. □

Spoon cheese sauce *over prosciutto-wrapped chicken breasts and broccoli stems; after baking, it's ready to serve from the same dish*

From the "good cook's kitchen" (page 82), delicious dinner

The work-saving details that were planned into David and Margot Botsford's new kitchen are clearly those of an experienced cook. And not surprisingly the small dinner party that we photographed was planned for ease of preparation and serving. Here we give the recipes for that menu.

A one-dish entrée, the chicken and broccoli Mornay can be almost entirely prepared ahead, then easily presented to guests from a buffet cart (page 82A). The spectacular-looking dessert tart can be served any time of year by matching the fruit topping to the season; it too can be made ahead.

Chicken and Broccoli Mornay

- 2 cups regular-strength chicken broth
- 3 large (about 1 lb. *each*) whole chicken breasts, split
- 2 pounds broccoli
- Mornay sauce (recipe follows)
- 6 thin slices prosciutto or cooked ham
- ⅓ cup grated Parmesan cheese
- Paprika

Heat the broth in a 2 or 3-quart pan. Put in chicken, cover, and simmer until tender, about 15 minutes. Remove chicken from liquid and cool, then remove bones and skin; set breasts aside. Return bones and skin to broth, cover, and simmer about 30 minutes. Drain and discard bones and skin; skim fat. You should have about 1¾ cups broth (boil longer to reduce broth, if necessary); set aside.

Meanwhile, rinse broccoli and discard leaves and coarse outer layer from stems. Slice stems about ¼ inch thick and cut flowers into equal branches. Cook until bright green and tender-crisp, about 5 minutes. Chill quickly by dashing in cold water, then drain and set aside. (This much can be done ahead; also partially prepare Mornay sauce.)

About an hour before serving, reheat and complete the Mornay sauce. Scatter broccoli stems in a well-greased shallow 3-quart baking dish. Group the broccoli branches at each end of baking dish. Wrap each chicken breast in prosciutto and arrange in center of dish. Spoon sauce over everything except the broccoli flowers. Top with Parmesan and sprinkle lightly with paprika. Cover and chill until baking.

DAVID STUBBS

Almonds are everywhere—*in both crust and filling—of this mandarin-topped tart*

Bake, uncovered, in a 350° oven un heated through, about 40 minutes. (reheat, covered, in a microwave ov for about 6 minutes. Makes 6 servin

Mornay sauce. In a heavy saucepa melt 6 tablespoons butter or margari over medium heat. Add 6 tablespoo flour and cook, stirring, until bubb Remove from heat and gradually a the reserved 1¾ cups broth and 1 cups half-and-half (light cream) or mi Return to heat and cook, stirring, un it boils and thickens. (You can do t much ahead, then reheat slowly.)

Stir in ¼ cup shredded Swiss chee and 2 tablespoons grated Parmesan; s until melted. Add ⅛ teaspoon grou nutmeg and salt and pepper to taste.

Fruit-of-the-Season Tart

- ⅓ cup almonds
- 1¼ cups all-purpose flour, unsifted
- ¼ cup sugar
- ½ cup (¼ lb.) butter or margarine, chilled
- 1 egg, separated
- Almond paste filling (directions follow)
- 3 to 4 cups fresh or canned fruit (suggestions follow)
- ⅓ to ½ cup orange marmalade
- About 1 tablespoon kirsch or fruit juice
- About ¼ cup toasted sliced or slivered almonds (optional)
- Whipped cream (optional)

Whirl the ⅓ cup almonds in a blen or food processor until finely ground. a bowl, combine the ground almon flour, and sugar. Cut butter into piec work into flour mixture with your han until dough is consistency of coa sand. Add egg yolk (save white for mond paste filling); work through dou until evenly distributed and dough ho together. Press into bottom and sides an 11-inch fluted tart pan with rem able bottom.

Bake in a 350° oven until ligh browned, about 25 minutes; cool. Spre almond filling evenly over bottom cooled tart shell. (This much can done up to a day ahead.)

About 1 to 2 hours before serving, range well-drained fruit over top of f ing. Turn marmalade into a small p add kirsch, and stir over low heat un warm and syrupy. Carefully spoon o fruit pieces; sprinkle with almonds, you wish; and chill. Top with whipp cream, if desired. Serves 10 to 12.

Almond paste filling. Beat until smoo ½ cup (about 4 oz.) almond paste, cup unsifted powdered sugar, and t reserved egg white. Add 2 tablespoo soft or melted butter and beat well.

Fruit topping. Choose from well-drain canned mandarins, apricot halves, pea or pineapple slices; fresh whole stra berries, pitted sweet cherries, seeded seedless grapes, apricot halves, or slic peaches, bananas, or papaya; or a com nation of fruits.

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fast cooking

DAVID STU

Offer *winter apples and tropical fruits to dip in spiced sauce*

Dip fruit into melted chocolate

Fresh fruit dipped in warm melted Me ican chocolate makes an impressi combination for winter entertaining.

Look for Mexican chocolate, spic with cinnamon and almond, in marke carrying Latin American foods.

Mexican Chocolate Fondue

Chop 1 package (19 oz.) Mexican ch olate (6 rounds). In the top of a doub boiler set over hot but not boiling wa (or in a heavy 1½-quart pan o medium-low heat), combine 1 cup ha and-half (light cream) with chocola Cook, stirring often, until chocolate blended and no longer grainy. Stir in to 4 tablespoons Kahlua or rum, if sired. Transfer to a flameproof casser dish set over a candle warmer or a chafing dish with hot water bath. (not overheat or chocolate may scorch

On a serving board arrange 1 coco (directions follow); 1 large pineapp halved, cored, and cut in chunks; 2 p payas, peeled and thickly sliced; oranges, peeled and sectioned; 3 b nanas, peeled and sliced diagonally; a 1 *each* red and green apple, cored a sliced (coat banana and apple w lemon juice to prevent darkening). desired, also offer squares of pou cake, cut in 1-inch cubes.

Use wooden skewers, fondue forks, fingers to dip fruit pieces. Serves 8 to

To prepare coconut: Puncture eyes end of coconut and drain liquid; pl coconut on a baking sheet. Bake in 350° oven for 30 minutes. Hold coco on a hard surface; hit with a hamm to break open. Pry out meat.

SUNS

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68005

IN YOUR GROCER'S FREEZER

One cannot sauté a lion? Consider onion meat

Onion means the same thing as union, a perfect joining together. That symbolic vegetable really ought to be someone's national emblem, perhaps with the motto, "Through tears to stew!" Alas, nations always prefer to see themselves as inedible and frequently as predatory. One cannot sauté a lion, and eagles are undoubtedly tough.

Philip Demaree brings us the onion in an alliance with beef and brown gravy. He calls the mixture *Zwiebelfleisch* (onion meat) and says this about it: "I first encountered zwiebelfleisch at the late, justly famed Red Star restaurant in Chicago, where it was always served with dumplings and spring vegetables. The recipe may be Hungarian, since, after a lot of digging, I found a recipe for it in an old German cookbook under the name of *Ungarisches Zwiebelfleisch.* This is my adaptation. Be sure to cut the meat and onions thin."

Ungarisches Zwiebelfleisch

- 2 tablespoons salad oil
- 3 large onions, thinly sliced
- ¼ cup braunmehl (directions follow)
- 3 to 4-pound beef cross rib or sirloin tip roast, thinly sliced
- Paprika, salt, and pepper
- 3 beef bouillon cubes
- ¾ cup boiling water
- ¾ cup dry red wine
- 1 teaspoon *each* thyme and marjoram leaves

Heat the oil in a 5-quart kettle over medium heat; add onions and cook until translucent, then stir in braunmehl cook until bubbly. Remove from l and spoon out onion mixture; set as Cover the bottom of the kettle wit layer of meat slices, evenly top some of the onion mixture and spri lightly with paprika, salt, and pep Repeat layers with remaining meat onion mixture.

Dissolve bouillon cubes in water; sti wine, thyme, and marjoram; pour meat and onion. Cover and cook i 350° oven for 1½ hours or until me fork tender. Skim fat from pan ju before serving. Serves 8 to 10.

Braunmehl (brown flour). Heat a he pan or frying pan over high heat u hot, then add ¼ cup all-purpose fl

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and stir constantly until flour turns a medium brown. Remove from heat.

San Francisco

Certain memories remain forever fresh. An acquaintance of ours undressed and turned on the shower one afternoon, then heard a noise and stepped discreetly out of his apartment to see what it was. The door slammed and locked. He was subsequently arrested for wearing a door mat and was driven away shouting, "The shower! The shower!"

Dr. Bertram Bruenner has another one. He went to dinner with his family at the house of his children's friends. He goes on, "The meal was memorable in many ways, consisting of a first course of a hearty tossed salad followed by the n delicious clam chowder I have eaten. It moved me to exclaim to hostess, 'Why, Mrs. M., this is a mea itself!' It turned out it *was* the meal.'

"He was driven away shouting, 'The shower! The shower!' "

The younger Bruenners now call one-dish meal a "Meal-in-Itself," Dr. Bruenner offers this one to us.

Dr. B's Meal-in-Itself

- 1 pound lean ground beef
- 1 large onion, chopped
- 7 cups water
- 6 beef bouillon cubes
- 2 large leeks, well rinsed and thinly sliced (optional)
- 2 cups *each* thinly sliced carrot and celery
- 1 package (9 oz.) frozen cut green beans
- 1 bay leaf
- 2 teaspoons dry basil
- 1 large can (15 oz.) tomato sauce
- ½ cup broken spaghetti or salad macaroni
- ¼ cup dry sherry

Heat a 5-quart kettle over medium h add meat and cook until crumbly brown. Add onion and cook, stir occasionally, until translucent. Stir water, bouillon cubes, leeks (if us carrot, celery, beans, bay leaf, basil, mato sauce, and pasta; bring to a b Cover and simmer about 30 minute until vegetables and pasta are done your liking.

Just before serving, remove the bay and stir in the dry sherry. Makes ab 4 quarts.

Seattl

Someone's Midwestern great grand once said of a Camembert cheese, " never eaten it, but I've often steppe it." We all have our likes and dislik

Tofu is a kind of Asiatic Cameml Those who like it find it very very go but those who don't find it awful.

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Robbins is a liker and his simple
will produce fine appetizers.

Tofu Good and Simple

- 1 package (1 lb. 6 oz.) tofu
- Teriyaki sauce (recipe follows)
- ½ cup all-purpose flour, unsifted
- ¼ cup sesame seed
- 1 to 2 tablespoons salad oil
- Chopped green onion

Rinse tofu; cut into 1-inch cubes;
nate in teriyaki sauce for about 5
utes, turning to coat well. Mean
combine flour and sesame seed. Lif
from marinade, drain briefly, then
flour mixture to coat all sides.

Heat about 1 tablespoon oil in a
frying pan over medium heat; add
half of the tofu at a time and cook
lightly browned on all sides; add
oil if needed. Serve warm, spri
with chopped green onion, and pa
maining teriyaki sauce for di
Makes 3 dozen appetizers.

Teriyaki sauce. Combine ⅓ cu
sauce, 2 tablespoons *each* sugar an
sherry, ¾ teaspoon grated fresh
or ¼ teaspoon ground ginger,
cloves garlic, minced or pressed.

Bill Robb

San Franci

Chef Jules Greenberg gives us fish
may vary the kinds depending on
ability and so forth, but *Chef* Gree
likes about a third crab, a third sh
and a third firm white fish.

Deep-sea Surprise

- 3 tablespoons butter or margarine
- ¾ cup chopped onion
- ½ pound mushrooms, quartered
- ¼ teaspoon *each* seasoned salt, lemon pepper, and garlic salt
- 1 tablespoon soy sauce
- ¼ cup cream sherry
- 1¼ pounds ling cod or other firm white fish
- 1 pound medium-sized (30 to 32 count) shrimp, shelled and deveined
- 1 pound cooked crab meat
- 1 package (10 oz.) frozen peas, thawed
- 1 tablespoon cornstarch
- ½ pint sour cream
- Hot cooked rice

Melt butter in a 5-quart kettle over
dium heat; add onion and mushr
and cook until onion is translucent
in seasoned salt, pepper, garlic salt,
and sherry. Cut the fish into bite-
pieces; discard any bones. Add th
and shrimp to the vegetable mix
cover and simmer about 8 minute
until fish flakes and shrimp turns
Stir in crab and peas.

Blend cornstarch with sour cream,
stir into the fish mixture and cook,
ring gently, until bubbly. Serve wit
cooked rice. Makes about 8 serving

Jules Greenberg

Bakersfield, Cal

SU

Fresh and fruitful ways to enjoy Chateau La Salle.

hateau La Salle, as so many people have discovered, is a California ne you don't have to learn to like. This golden wine is as naturally sweet the grapes from which it's made. Everyone likes it, and there are so any delightful ways to serve it. Like Peaches La Salle. Cut up some fresh peaches. Place em in a fruit bowl and pour in hateau La Salle. A fresh idea r dessert.

Then, there's Melon La Salle, eally fruitful way to enjoy the od taste of Chateau La Salle. Prepare some melon balls d pour Chateau La Salle er each serving. It's sure please.

And L'Orange La Salle is just as easy to make. Scoop orange sherbet into a dessert glass, and pour in this golden wine. Or, add a splash of soda and it becomes a tall, cool drink. These are just a few fresh and fruitful ways to enjoy the good taste of Chateau La Salle, a wine you don't have to learn to like.

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DAVID STUBBS

Wedges of meat loaf *baked in a bread round make warming fare for winter picnics*

It's not a poor man's Wellington, it's meat loaf in a breadbasket

Wrapped in an overcoat of crusty French bread, somewhat remindful of the celebrated Beef Wellington filet-in-a-wrapper, this warm, vegetable-laced meat loaf makes a satisfying and easy-to-carry entrée for cool-weather picnics. And with the help of a food processor, you can quickly prepare a meat mixture that's lean enough to bake right inside the bread.

First chop beef round or well-trimmed beef chuck in the food processor until medium-fine in texture. Then process bread crumbs, parsley, onions, and cheese in the machine, blend them with eggs and seasonings, and shape the mixture into a loaf.

If you don't own a food processor, you can still make a meat loaf that's lean enough to bake in the bread by grinding your own meat in a hand-crank or electric meat chopper.

Once the savory sandwich loaf is baked and wrapped in foil, it will keep warm as long as 3 hours. Serve it in wedges accompanied with a mild cheese, relishes, and wine or other beverage.

Meat Loaf in a Breadbasket

- 1 large round loaf (1½ lbs.) French bread, 9 to 10 inches in diameter
- ½ cup milk
- 1½ to 1¾ pounds beef round or chuck
- 1 small onion
- ½ cup packed parsley sprigs
- 2 eggs
- 2 cloves garlic, minced or pressed
- 1¼ teaspoons salt
- ¼ teaspoon pepper
- ¾ teaspoon *each* oregano leaves and dry basil
- 4 ounces jack or Swiss cheese
- 2 tablespoons soft butter or margarine

Using a long serrated knife, slice the bread in half horizontally. Pull soft bread out of both halves, leaving a ½-inch-thick shell. Then with the metal blade of a food processor, chop enough bread to make 1¼ cups crumbs (or whirl small amounts of bread in a blender); save remaining bread for other uses. Turn crumbs into a large bowl; stir in the milk and let stand 5 minutes.

Trim excess fat from meat and cut into 1-inch cubes; you should have 3 cups. With the metal blade, chop 1 cup of the meat cubes at a time with on-off bursts until medium-fine. (Or grind cube hand or electric meat chopper.) meat to bread crumbs.

Peel onion and cut into chunks. in the food processor with the p and process with metal blade on-off bursts until coarsely choppe chop onion and parsley by hand. eggs, garlic, salt, pepper, oregano basil to vegetables and process 2 se to blend; add to meat mixture.

Using the shredding disk, shre cheese in the processor (or by h add to other ingredients. Mix to all ingredients until blended. Pack mixture into bottom half of the shell; press lid firmly into place. butter all over loaf.

Securely wrap loaf in a single thic of heavy foil or a double thickne lightweight foil. Place on a baking and bake in a 350° oven for 2 hou

Loosen foil to allow steam to escap stand 10 minutes. To transport, r in foil and pack into a picnic basl should keep warm 3 hours. Cut l wedges. Serves 6 to 8.

Lean cubes of beef, *bread crumbs, onic and parsley are quickly chopped in a fo processor, mixed with seasonings and eggs to make the meat loaf mixture, th mounded in a bread round to bake*

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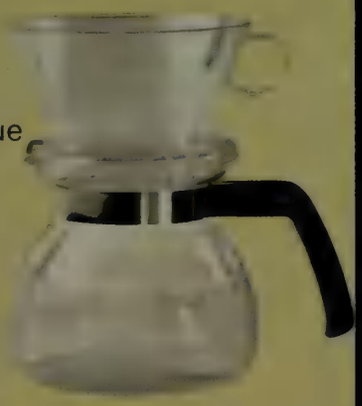

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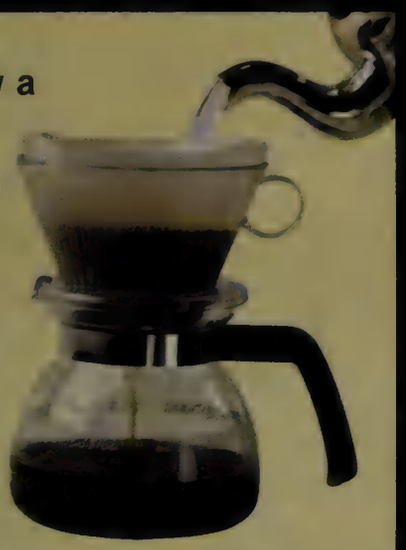

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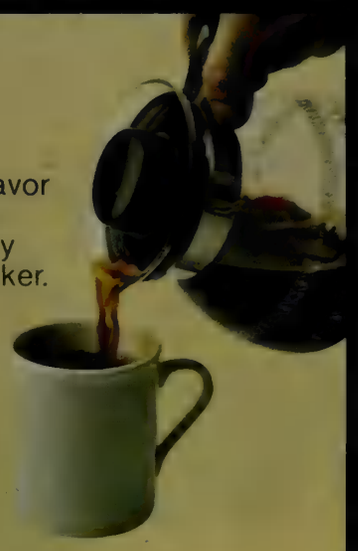

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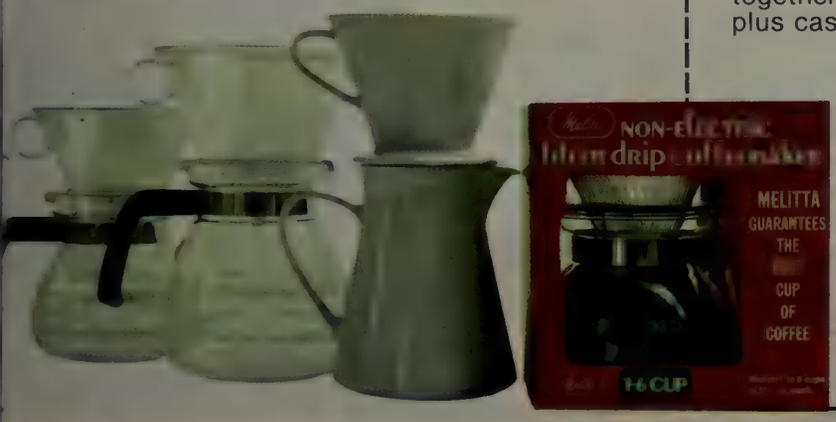

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1/3 c blanched almonds
1 T vegetable oil
2 med carrots pared, diagonally
1 lrg rib celery diagonally
1/2 lb pods, trimmed or 1 pkg (6 oz.)
1 T soy (or taste)
1 T water
1 t sugar
1 t corn starch
1/2 t. salt
Few dashes pepper

In wok or heavy fry pan roast almonds in oil medium-high stirring until lightly browned. with slotted spoon set Stir-fry carrots and celery until tender-crisp. pea and stir-fry until thoroughly heated soy remaining ingredients and add mixture to reduce heat stir-fry briefly until vegetables are glazed. Mix in almonds and serve immediately. Makes 4 servings

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This delicious fruit cheesecake isn't cheesecake . . . it's *tofu* cake

Make your friends guess why this banana-pineapple cheesecake is so smooth and creamy. Instead of cream cheese, it's made with tofu, or soybean curd: high in protein, low in cholesterol, and only about 200 calories a serving. It's actually good for you, and the subtle flavor blends well with the sweet bananas and pineapple.

When you shop for the ingredients, look for the medium-firm type of tofu. You'll find it packaged in plastic tubs in the fresh produce or the refrigerated section of your market. Or you may have to look in an Oriental market.

Tofu Banana-Pineapple Cheesecake

- 1 pound 6 ounces medium-firm tofu (soy bean curd)
- 2 eggs
- ½ cup packed brown sugar
- 2 tablespoons lemon juice
- 1 teaspoon grated lemon peel
- 1 teaspoon vanilla
- 2 medium-sized ripe bananas
- 1 can (8 oz.) crushed pineapple, well drained
- Graham cracker crust (recipe follows)

Drain tofu and pat dry with paper towels. In a blender jar, combine the eggs, sugar, juice, peel, and vanilla. Break tofu and bananas into chunks. Add half to blender; cover and whirl until smooth. Add remaining chunks to blender; cover and whirl until very smooth. Pour mixture into a bowl and stir in pineapple; then pour into cooled graham cracker crust.

Bake in a 325° oven for about 1 hour or just until center jiggles slightly when pan is gently shaken. Cool on a rack; cover and chill. To serve, remove pan sides and sprinkle with reserved cru Makes about 8 servings.

Graham cracker crust. Combine 1 graham cracker crumbs and 3 t spoons melted butter or margarine serve 1 tablespoon crumb mixtur sprinkle on top later. Press remai crumbs in the bottom of a 9-inch r cake pan with removable sides. in a 350° oven for 6 minutes; cool.

Break tofu *into chunks, then blend with banana for cheesecake mixture*

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In the Baking Needs Section of your supermarket.

SS278G

DARROW

Just for two—*cut thick, juicy, broiled steak in thin slices and serve with carrots, whole mushrooms, thick potato sticks for a hearty winter meal*

FEBRUARY MENUS

Steak dinner for two or four, supper with individual casserol for two, veal dinners for two or f

Whether you're planning a Valentine dinner for two or a small dinner party to celebrate another holiday this month, one of our menus should give you some ideas. Each is designed for two, but can easily be adjusted to serve four to six people.

The first menu features a thick steak, broiled to perfection and served as many fine restaurants do—on a plate surrounded by cooked vegetables. Then there's an easy casserole-style veal parmigiana that's almost a meal in itself. And to use up any holiday leftovers you may still have on hand, the third menu suggests savory biscuit-topped pot pies.

Steak dinner for two or four

Almost as elegant as chateaubriand, this broiled steak dinner uses a less expensive but still tender cut of meat. The first cut of top round, it's often called London broil at meat markets.

Thick Broiled Steak
with Mixed Vegetable Garnish
Dinner Rolls Butter
Cherry Strudel

To get a head start, you can cook the carrots and potato up to a day ahead. Then while the steak broils, sauté the mushrooms and heat the dinner rolls. As you sit down to eat, pop a homemade or frozen cherry strudel into the oven to bake; top it with vanilla ice cream or whipped cream if you wish.

Thick Broiled Steak with Mixed Vegetable Garnish

- 1 large baking potato
- 2 or 3 slender carrots, cut in 2-inch lengths
- 1 to 1½ pounds top round, cut 2 inches thick
- 8 to 10 medium-sized mushrooms
- 3 tablespoons butter or margarine
- ½ teaspoon dry basil
- ¼ teaspoon garlic powder
- Grated Parmesan cheese
- Parsley sprigs

Boil or steam the potato (unpeeled carrots until tender when pierced. briefly in cold water, then drain, let cover, and refrigerate.

Broil the steak about 6 inches from about 15 minutes on each side for Meanwhile peel the cooked potato cut in quarters to form thick stick a frying pan over medium heat, the mushrooms in the butter, basil garlic powder until tender, about 7 utes. Then add the carrots and p sticks and turn gently until h through.

To serve, transfer the steak to a ca board or other serving plate and round with the carrots, potato s and mushrooms. Sprinkle the veget lightly with grated Parmesan chees garnish with sprigs of parsley. Cut across the grain into thin slanting s Serves 2.

To increase the menu to serve fo six, double the amount of vegetable

Almond Blossom Ham

Simple and simply delicious with Hormel Cure 81® Ham and Blue Diamond® Almonds.

APRICOT ALMOND GLAZE

- **1 can (8 oz.) pineapple tidbits in unsweetened juice**
- **1 can (17 oz.) apricot halves in heavy syrup**
- **1 tsp. lemon juice**
- **1 Tbsp. cornstarch**
- **12 cloves**
- **10 allspice**
- **2 cinnamon sticks**
- **½ cup Blue Diamond® Blanched Slivered Almonds, toasted**

While your dependable Cure/81® ham bakes, drain pineapple and reserve juice. Combine juice with apricots and syrup in blender and whirl until pureed. In medium saucepan, thoroughly blend puree, lemon juice and cornstarch. Drop spices in saucepan. Bring to boil over medium heat, stirring constantly until thickened. Remove from heat, strain out spices. Brush hot onto ham during last half hour of baking. Cut pineapple tidbits in half and arrange with almonds as shown. Reheat remaining glaze, add almonds and serve as a sauce.

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DARROW M. WATT

Just *before bak crown chicken vegetable rame with herb and c drop biscuits*

buy 3 to 3½ pounds of meat, cut 2 inches thick. Broil the steak as directed, allowing about 15 minutes on each side for rare.

Chicken casserole supper

Topped with big drop biscuits, these small casseroles add sausage to the popular chicken-and-vegetable pot pie combination.

Savory Biscuit-topped Chicken Ramekins
Hot Cooked White or Brown Rice
Citrus Avocado Salad
Tapioca or Baked Custard

You can prepare the chicken and vegetable mixture and refrigerate it a day ahead. Add the drop biscuits just before slipping the ramekins into the oven to reheat.

For the salad, arrange grapefruit sections, peeled and sliced oranges, and sliced avocado on lettuce-lined plates; top with vinegar and oil dressing and a sprinkling of paprika.

To increase the menu to serve four to six, double all the ingredients for the ramekins and spoon into a shallow 2-quart casserole; divide biscuit dough into four or six portions and spoon on top. (Increase baking time to 35 minutes or about 40 if cold.)

Savory Biscuit-topped Chicken Ramekins

Cut or tear enough cooked chicken (or turkey) into bite-sized pieces to make 1 cup. Thaw 1 cup frozen mixed vegetables or drain 1 small can (8 oz.) r vegetables.

In a frying pan over medium brown ¼ pound bulk pork sausag move from pan and let drain on p towels. Discard pan drippings. I pan melt 2 tablespoons butter or garine, then stir in 2 tablespoons and cook until bubbly. Gradually in ¾ cup regular-strength chicken (or 1 chicken bouillon cube dissolv ¾ cup water) and ½ cup milk; stir smooth.

Cook, stirring, until sauce boils thickens. Then stir in the chicken, sage, and mixed vegetables; season salt and pepper. Divide between 2 low ramekins (about 1½-cup cover and chill if made ahead.

Savory drop biscuits. Shortly b baking ramekins, stir together ½ unsifted all-purpose flour, ¾ teas baking powder, 2 tablespoons g Parmesan cheese, and ¼ teaspoon salt and celery seed. Cut in 1 tables shortening. Stir in ¼ cup milk unti blended. Spoon half the dough on ramekin.

Bake in a 400° oven for about 30 utes (allow about 35 minutes if col until dish is bubbly and biscuits are browned. Makes 2 servings.

Italian dinner for two or f

This casserole version of veal p giana doesn't require any last-m preparation—it can be made up

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reen Chile Salsa. In the new glass jar. A perfect end of Ortega Green Chiles, tomatoes and onions.

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How to create a dish as pretty as our picture:

Burritos and Chick Pea Salad

BURRITOS

12 flour tortillas
1 lb. ground beef
1 large onion, chopped
1 clove garlic, minced
1 jar (12 oz.) Ortega Green Chile Salsa, heated
1 can (4 oz.) Ortega Diced Green Chiles
2 cups (8 oz.) grated Jack cheese
2-3 Tbsp. dry bread crumbs

Wrap tortillas tightly in aluminum foil. Heat in 250° oven 15 minutes. Keep warm. In skillet, cook beef until crumbly. Drain. Add onion and garlic. Cook until soft. Mix in 3/4 cup salsa and remaining ingredients. Place 1/12 of hot filling on warmed tortilla. Roll up. Serve with salsa, if desired.

CHICK PEA SALAD

1 can (16 oz.) chick peas, drained
1 medium clove garlic, minced
½ cup sliced ripe olives
⅛ lb. (2 oz.) Genoa salami, cut in thin strips
3 Tbsp. thinly sliced scallions
2 tsp. parsley flakes
1 cup Ortega Picante Salsa
Romaine lettuce

In medium bowl combine all ingredients, except Romaine. Chill. Serve on Romaine lettuce. Serves 6.

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day ahead, then reheated just bef serving.

Antipasto Tray
Veal Parmigiana for Two
Italian Green Salad
Crisp Bread Sticks Butter
Spumoni and Macaroons

For the antipasto tray, arrange y choice of the following: sliced sala crisp celery and carrot sticks, radish marinated artichoke hearts and mu rooms, ripe olives, and thinly sli French bread. For the salad, top t greens with drained kidney and g banzo beans and mix with your favo oil and vinegar dressing; sprinkle w grated Parmesan cheese and crouton

To increase the menu to serve four six, double all the ingredients, buy 1 to 1½ pounds of veal. Cook the v and assemble the casserole as direct layering it in a shallow 3-quart casser Increase baking time to 35 minutes about 1 hour if cold).

Veal Parmigiana for Two

- ½ to ¾ pound boneless veal, cut in ½-inch-thick slices
- 1 egg, beaten
- About 2 tablespoons fine dry seasoned bread crumbs
- 1 tablespoon *each* butter or margarine and salad oil
- 3 ounces spaghetti
- Water
- Tomato sauce (recipe follows)
- 4 ounces mozzarella cheese, shredded
- 2 or 3 tablespoons grated Parmesan cheese

Trim fat and membrane from veal. Pl each piece between 2 sheets of wax paper and pound with a mallet u about ¼ inch thick. Dip veal in beaten egg; coat lightly with crumbs.

In a frying pan, heat the butter and over medium heat and sauté the ve without crowding, until lightly brown on both sides, about 5 minutes.

Cook the spaghetti in boiling water cording to package directions; dra Turn spaghetti into a shallow 1½-qu casserole or divide equally between shallow ramekins (about 2-cup size). T with half the tomato sauce and all veal, then sprinkle with half the moz rella and Parmesan cheese. Spoon maining tomato sauce on top and spr kle with remaining cheeses. Cover a chill if made ahead.

To serve, bake covered in a 375° ov until hot and bubbly, about 25 minut (allow 50 if cold). Makes 2 servings.

Tomato sauce. In a saucepan, sauté cup chopped onion in 1 tablespoon sal oil until limp. Stir in 1 can (15 oz.) mato purée, 1 teaspoon *each* dry ba and sugar, ½ teaspoon *each* orega leaves and salt, ¼ teaspoon *each* pepp and garlic powder, 4 or 5 sliced mus rooms, and ¼ cup dry red wine. Si mer, uncovered, for about 10 minutes.

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BRUARY IN YOUR GARDEN:

Garden action this month depends on rain so far. Below are alternatives

is the month that will tell us whether ot winter storms brought enough to put us back on the road to ery from the two-year drought. outlook is good, you can get ready ormal spring planting—order seeds, seedlings, and buy young bedding s. If not, perhaps some planting should go back on the shelf.

nwhile, there are still winter tasks nild and moderate-winter gardeners ish up. Prune and spray deciduous s while they're still dormant, pre- spring planting beds, then check noisture and give root-dry trees and os whatever water you can. Finally, a break to enjoy the lengthening and first burst of bloom of mag- s, plums, Japanese quince, and the est spring bulbs.

er—what's the reading for 1978?

February 1, northern California lly has 60 percent of its normal an- rainfall. It's the date pegged by sev- water agencies for estimating this s supply.

hern California gardeners actually two major concerns. First, how n water will be available for irrigat- this summer—or in other words, much has been collected in the crit- watersheds this winter? Second, how h rain has fallen in your garden— deep has it soaked?

ur press deadline in early January, ings from the East Bay Municipal ty District indicated that they had percent of normal water supplies. by February 1, the most up-to-date figures should be available. Customers of the East Bay Municipal Utility District can check with their local EBMUD business office or call the EBMUD Public Information Office at (415) 835-3000.

For statewide California water information, call the Drought Information Center toll-free at (800) 952-5530 between 8 A.M. and 4:30 P.M. weekdays. As a clearinghouse for all the state governmental agencies, it can answer most water-related questions. People there can also tell you who to call for regional information. If your inquiry requires them to do more research, they'll answer with a return call.

1978 All-America seed selections

If you like to try the latest in flower and vegetable seed, consider this year's All-America Selections. The five flowers:

'Snowfire' dianthus. A vigorous dwarf growing 6 inches high and 12 inches across. Fragrant 1½-inch flowers, white with cherry-red centers.

'Cherry Ruffles' and **'Yellow Ruffles'** zinnias. Two new colors in the 'Ruffles' class of zinnias, one a bright crimson, the other sunshine yellow.

'Peter Pan Cream' zinnia. Cream-colored form of the large-flowered dwarf zinnias; 4-inch-wide blossoms on 12-inch stems.

'Red Sun' zinnia. Large 4 to 5-inch flowers on sturdy 2-foot stems. An unusual deep red color, good for cut flowers.

The three AAS vegetables:

'Liberty' cucumber. Stocky, barrel-shaped fruit, particularly good for pickling. High disease resistance.

'Floramerica' tomato. Large beefsteak-type fruits on compact vines, resistant to 16 different tomato diseases.

'Sweet Favorite' watermelon. Crisp, sugary jumbo-sized fruits (to 20 pounds). Resists anthracnose and fusarium wilt.

Sunset's GARDEN GUIDE

"My silk tree is turning into a eucalyptus!"

Actually, if it looks like the twig in the photograph, it's neither one, but a young blackwood acacia (*Acacia melanoxylon*).

Many gardeners are familiar with the blackwood acacia—a tree with leathery, dark green foliage. As a seedling, though, it definitely exhibits a split personality: Ferny compound leaves give way to flat, narrow "leaves" (actually phyllodes, or flattened leaf stalks) as the

Youthful shenanigans—*black acacia sprout sports two kinds of "leaves"*

DAVID STUBBS

leptospermums ... for mild-winter gardeners

ight bouquet of leptospermum blooms is a small sampling of the new larger flowers, and double forms now on the market. Some are still ly scarce, but all are worth watching for.

dants of Australian and New Zealand natives, leptospermums are n privilege plants—you can grow them only in mild-winter regions. ese flowering shrubs full sun, good drainage, and slightly acid soil. Once hed they thrive on little water and reward you with an exceptionally long splay—often from fall into late spring. Cut flowers last for weeks in water. ten dry naturally, keeping their beauty indefinitely.

wers are shown almost twice life-size. From left to right: pink venii,' yellowish-white *L. macrocarpum*, large pale pink 'Keatleyi,' double White,' and two rosy ones—erect 'Twinkle' and compact, denser 'Kiwi.'

Sunset's GARDEN GUIDE

tree matures. Other acacias sometimes display this curious trait, too.

If you have the water, deep-soak trees and shrubs

In normal years, February is a prime month to fertilize mature trees and shrubs for the year. This year, though, if water remains short, you may want to hold off fertilizing and concentrate on preparing prize plants for another long, dry summer.

If you have water to spare, use it this month and next to get moisture down to critical subsurface root zones. Plants that start the growing season with wet soil at their roots stand a much better chance of surviving drought stress in the hot, dry days of summer.

Drill *watering holes with a soil auger, hand-held or attached to a power drill. Or use a spiked root-zone applicator to get water down deep*

First check for dry roots. Dig or drill holes at least a foot deep (18 to 24 inches is better) near the plant's drip line. Even if rainfall seems to be about normal for this time of year, it still may be inadequate to saturate soil left powder-dry from last year's drought.

If soil comes up dry from the first drilling, continue drilling holes (or instead use a hose-pressurized root feeder) at 2-foot intervals all around the drip lin Then run water slowly into each hol How long you let water run will deper on your particular soil conditions- ideally until soil samples show that th root zone is saturated.

Besides replenishing moisture in the ro zone, this treatment helps make the so permeable to future rainfall or irrigatio Moisture moves deeper into moist so than soil that's bone-dry.

FEBRUARY CHECK LIST: *Here are midwinter jobs*

☐ **Control plant damagers.** Bait or hand-pick snails and slugs. They get more active as weather warms and can quickly deface crocus, daffodils, and other early spring flowers. Control camellia petal blight by picking off blemished flowers and destroying fallen blossoms. Finish dormant spraying of fruit trees, roses, and other deciduous plants susceptible to spider mite, mealybug, scab, or scale.

☐ **Fertilize.** Feed fall-planted annuals and perennials and fertilize lawns this month to ensure good spring growth as weather warms up. Give azaleas, camellias, and rhododendrons a complete acid-type fertilizer after they finish blooming (read label for full instructions). Deciduous fruit trees should have a high-nitrogen feeding two to three weeks before blooming. Fertilize other established trees and shrubs as new growth starts, following method for deep watering described above.

☐ **Plant azaleas, camellias, and rhododendrons.** This is the best month to shop for all three and nurseries should be well stocked. Most Japonica camellias are at the height of bloom now, azaleas have started, and rhododendrons should show fat, ready-to-open buds. Many come balled and burlapped and are available only at this time of year.

☐ **Plant bare-root trees, shrubs, and vines.** This is generally the end of the season for buying and planting bare-root plants. These include deciduous fruit trees, bush roses, grapes, and wisteria at bargain prices.

☐ **Plant bulbs and tubers.** Many summer-flowering kinds are available now: agapanthus, amaryllis, tuberous begonias, calla lilies, cannas, and the many forms of gladiolus and true lilies. For an extended flowering season, plant bulbs at three-week intervals.

☐ **Plant for flower color.** Use blooming plants in 4-inch pots for cheerful color spots in containers and raised beds. If weather permits and soil is not too wet to work, set out calendulas, pansies, Iceland poppies, primroses, snapdragons, stock, and violas from flats or plastic packs. In frost-free areas, try nemesia and schizanthus for a change; their small colorful flowers make them particularly effective in containers.

☐ **Plant vegetables.** Mild-climate gardeners can still set out roots of the perennial vegetables—artichokes, asparagus, rhubarb—this month, and plant a late crop (as seedlings) of broccoli, Brussels sprouts, cabbage, cauliflower, kale, or spinach. Sow seeds directly in the ground for early spring crops of beets, carrots, chard, leeks, lettuce (grow several different kinds), onions, parsnips, peas, radishes, and turnips.

Small young plants may need a netting cover to protect them from foraging birds and squirrels.

☐ **Prepare spring planting beds.** Apply organic material, such as compost or nitrogen-stabilized bark, anywhere you intend to plant in the spring, as well as around established plantings to help them soak up precious rainfall. If soil is too wet to work, lay amendments 3 inches deep over the top. Dig into the top 9 inches of soil as soon as ground is workable.

☐ **Prune trees, shrubs, and vines.** Finish pruning and shaping deciduous plants such as fuchsias, fruit trees, caneberries, grapes, roses, and wisteria (see page 120 of the January *Sunset*) while they're still dormant. Prune deciduous ornamentals like plums and quince by cutting flowering branches for the house. Prune azaleas, camellias, and rhododendrons during or just after bloom.

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TERRY FREDRICK

Clustered fruit *on long stems makes picking fast, even with this small second-year crop*

Gooseberry bush *may stay at 3½ feet or mature to about 6. Attractive foliage turns yellow before it drops in early fall*

It's time to think gooseberry

Gooseberries are easy to grow, don't take much space, and have a refreshingly tart flavor. Two to four bushes spaced 4 to 6 feet apart supply enough fruit for most families. They should produce a handful of berries the first year; a full harvest of up to 10 pounds (about 2 gallons) by the third or fourth year.

Even when fully ripe, gooseberries are tart. Traditionally they are cooked—in pies, puddings, and preserves. For use fresh, choose recommended varieties and let them ripen fully before picking.

Cool, dampish climates are best for gooseberries; most cool-night, high-elevation inland areas are also favorable. Gooseberries will take full sun if nights are cool.

In hot, dry regions, select a planting site carefully, add mulch, and water without wetting leaves. Provide filtered shade most of the day, preferably with full sun in early morning and later afternoon.

Gooseberries are quite hardy; you can plant them as soon as soil is workable.

In any climate, loosen heavy soil with compost or other amendments. If drainage is poor, plant on raised or mounded beds. Place plants an inch deeper than they grew in the nursery and cut limbs back to 6 to 8 inches. Mulch up to 6 inches thick to protect the shallow roots from heat and competition from weeds. When new growth begins in spring, apply a complete fertilizer. Gooseberries tolerate drought better than most fruits, but benefit from plenty of water.

Choosing a variety

Bare-root plants are available in many nurseries this month. Local sources usually offer 'Pixwell' or 'Oregon Champion,' usually considered the best adapted to Western climates. Home gardeners willing to take risks, however, may find they get tastier fruit with other varieties.

One particularly good mail-order source for less common varieties is Southmeadow Fruit Gardens, 2363 Tilbury Place, Birmingham, Mich. 48009. Southmeadow offers 16 kinds. Its price list is free; a descriptive catalog costs $5.

Here's how nine varieties performed for a gardener in Grants Pass, Oregon—Marlene M. Averre.

'Canada 0-273.' Cherry-red, medium-sized berries are sweet enough to eat fresh when ripe. Plant is relatively thornless.

'Clark.' Large, coppery-red berries are delicious fresh. Bush is relatively thornless and especially large.

'Fredonia.' Large red berries are one of the sweeter types fresh.

'Jumbo.' Exceptionally large fruit (1½ inches) and productive, but flavor is moderate, best cooked. Bush heavily thorned.

'Oregon Champion.' Marble-size fruit, as productive as 'Jumb again best cooked. A very at small bush, with short thorns.

'Pixwell.' Pink when ripe; some flavor excellent. In the Averre g was small, lacking flavor, and productive. Noted as a part healthy variety.

'Poorman.' Wine-red fruit of g and flavor. Eastern experts rat best American variety, spright sweet for eating fresh or cooked.

'Sylvia.' Frosty-green with a re mild and sweet. To Mrs. Ave tastiest for eating fresh. Bush i and moderately thorny.

'Welcome.' Rosy-pink when rip cially good-looking in pies a serves. Best cooked. Less thor average, and fruit hangs low, picking easier.

Harvesting

Gooseberries ripen almost sim ously and can be stripped all a For top quality, wait until fru easily from the branch. Pinch of and flower calyxes by hand. Y freeze them until ready to use.

To evade thorns, one gardene structed this comb-picker: M wooden box about 4 by 4 by 5 Hammer in, just until firm, 1½-i ishing nails ¼ inch apart alo edge. Insert the nails betwe branch and berries and pull so th ries pop off into the box.

Pruning and propagating

Growth starts early in spring, s to prune by February.

Second winter: Prune weaker stem to one or two buds. Shorten the six to eight stems by half if vig by two-thirds if at all weak. Ma cuts above an outward-pointing b

Third winter: Shorten new side to 3 inches on stronger shoots; d 1 inch on smaller ones. Complete out very weak shoots and awk placed limbs. Shorten the new g on main branches by half.

Following winters: Keep the open and branches well-spaced clear of the ground for picking Most fruit is produced near the b one-year-old wood and from side on two and three-year-old branche older branches to the base as they to produce less fruit; they are recognizable by their darker colo gnarled look. Continue the pattern for three-year-olds to induce new g to replace limbs you remove.

To propagate new plants, bend a year-old limb and cover the lowe with soil in spring. The following w uncover the limb, cut it off belo new roots, and plant it in a new spo

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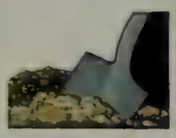

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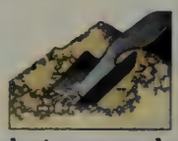

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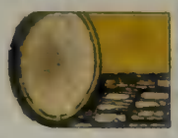

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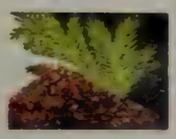

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potting mix

"Favorite potting mix of Western gardeners . . . and their plants!"

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NEW BOOK

Pines of th West and the wor

For more than 50 years, Dr. Nichol Mirov, internationally known physiologist and biochemist, has served and worked among pines in eral parts of the world—always wit mind of a scientist and the heart true lover of nature.

Now, as senior author of *The Sto Pines,* with Jean Hasbrouck (Ind University Press, Bloomington, 1976; $7.95) he shares his knowl and rich experiences with a more v group of readers.

The Story of Pines will inform an light both amateur and professional deners, students, mountaineers, and lovers in general. Although it's base solid scientific facts, the book prim aims to give nonscientific reade closer acquaintance with these beau and useful trees.

It doesn't tell you how to grow and pines in gardens (you'll find detaile formation on these subjects under *P* in the *Sunset Western Garden B* But for a general view of the gr processes, structure, and developme pines and how these trees have i enced the lives of people from an to more recent times, add *The Sto Pines* to your bookshelf.

In the first chapter you read abou life cycle of a pine tree from the ti seed germinates until the tree dies; a the structure of its bark, needles, roots; and about the composition an fragrance in its foliage. Photosynth respiration, water economy, soil n tion, resin production, and reproduc are explained in simple terms.

The next two chapters are devoted to world distribution of pines throug geological ages; early mythology folklore; and ways in which people used pine cones, nuts, resin, and w Of particular significance today are last three chapters, which deal with relationship of pines to their envi ment and the results of man's posi and negative influences in the wild in manmade forests.

This 148-page book is illustrated 40 photographs, 11 line drawings, a map showing the distribution of p around the world. There's a working of 104 species, with botanical and c mon names, and the general area which the trees grow. Also include suggested reading if you're prompte learn more.

f you don't have Pella windows ere's what you've been missing.

to wash Pella's unique hinging sys- its the sash to crank straight out, ltaneously move *to the center of the* is wide open position, available on entilating windows, gives you plenty to clean outside glass from inside

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A rare treasure for your garden is this superb golden form of Italian Cypress. NEW!! Swane's Golden Cypress* adds dramatic color contrast when used in patio containers, forming a background in your landscape, or mixed with other plants.

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* Swane's Golden Cypress, already a favorite in Australia, comes to us from Swane Brothers Nursery in New South Wales.

AVAILABLE AT LEADING NURSERIES

MICHAEL SP

Which leaf size? *Closeup shows your tw choices in golden pothos. In lower photograph both kinds decorate an offic*

Golden pothos big and small

Growing wild in the Solomon Isla the familiar golden pothos climbs fo trees 50 feet and taller while produc progressively bigger and bigger lea However, until recently, house p shoppers here have seen only its juve foliage with leaves rarely over 6 inc long and half as wide.

Now some indoor plant growers are ting up more mature shoots of pot (*Rhaphidophora aurea*) with leaves m larger than those of the juvenile fo While still no match for the 30-inch-l leaves of the South Pacific jungle vi these 12-inch-plus leaves are nonethe impressive. The larger leaves usu have splits, much like those of the s leaf philodendron (*Monstera delicios*

You care for giant versions of potho you would their smaller counterpart with the obvious difference that you them more room. Expect a long sea if you go out to buy the giant versior

an had a
time at his
day party.

Dad helped
blow out the
candles.

Grandma Harris
got a kick out of
the party favors.

And Grandma Moore
noticed the
spotty glasses.

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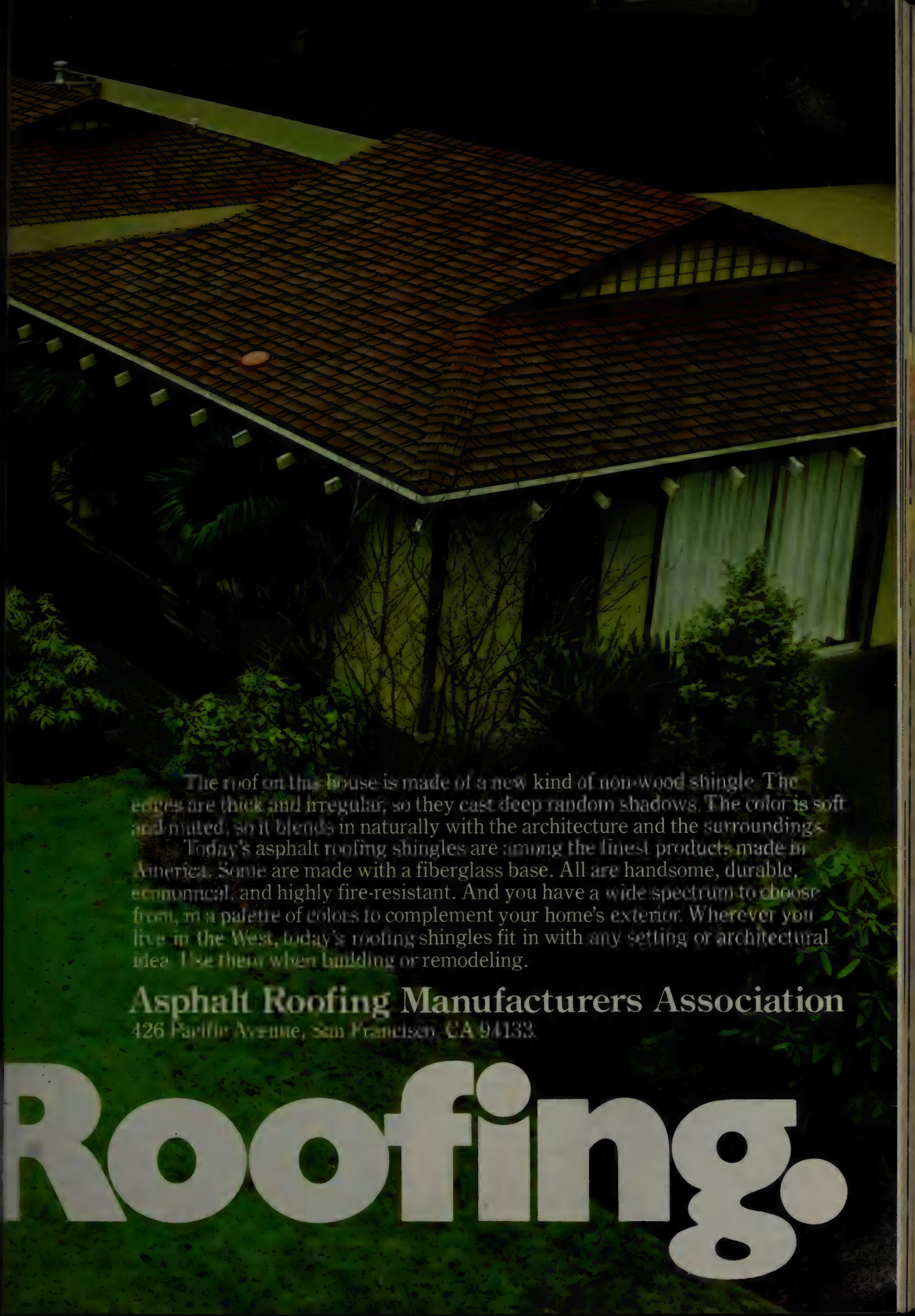
Today's


The roof on this house is made of a new kind of non-wood shingle. The edges are thick and irregular, so they cast deep random shadows. The color is soft and muted, so it blends in naturally with the architecture and the surroundings.
Today's asphalt roofing shingles are among the finest products made in America. Some are made with a fiberglass base. All are handsome, durable, economical, and highly fire-resistant. And you have a wide spectrum to choose from, in a palette of colors to complement your home's exterior. Wherever you live in the West, today's roofing shingles fit in with any setting or architectural idea. Use them when building or remodeling.
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DAVID STUBBS

Tucked under the eaves, *snug against side of house, cabinet provides ample storage for, and easy access to, garden tools bracketed on the wall*

Slim outdoor wall cabinet holds the long-handled garden tools

Built against the redwood-shingled wall of the house and supported by the deck, the unobtrusive cabinet pictured here provides storage for all the hand tools needed to maintain a 1-acre garden. It is conveniently located in an enclosed side yard accessible from both front and rear sections of the property.

Construction of the cabinet is easy. The major materials are four 4 by 8-foot sheets of ⅝-inch rough-sawn, grooved redwood siding (with grooves 8 inches apart). One sheet is needed for the two ends, two sheets for the doors, and one for the roof and front walls (above and alongside the doors).

The main structure is framed with redwood 2 by 2's. Since each door is a single piece of plywood, it needs only a little stiffening. The stiffeners are redwood 1 by 2's glued onto the inside of the sheets and further secured with finishing nails spaced about 10 inches apart. The doorstops consist of a full-length piece of ¾-inch quarter-round nailed across the top of the door frame on the inside and a short length of 1 by 2 nailed to the deck where the doors meet.

Hardware includes two sets of 4-inch strap hinges, one 4-inch sliding bolt, one dummy doorknob, and, of course, a tool clip for each tool. □

Only 16 inches deep, *7 feet high (at rear), 9 feet wide, with a 20-inch-deep roof, the cabinet opens and closes by one doorknob. Left door overlaps the right; a sliding bolt latches it*

NORMAN A. PLATE

KAREN E. CONDO

Bold bouquet *of treated E. pulverulent looks fresh after 20 years; occasional misting brings out the now-mild fragrance. Willowy E. nicholii (above) suits smaller vases and shelves*

Fragrant, colorful, long-lasting... you treat eucalyptus branches with glycerin and food coloring

:erin-treat eucalyptus, *add one part glycerin to two parts water. Use a hammer to smash lower few inches of thick recut or smash ends of slim ones. Immerse 5 to 12 inches of stem in warm solution; put in a bright, warm place*

you treat eucalyptus cuttings with n, the leaves and stems stay and supple, and turn a deep If you add food coloring to the n, you can have a range of colors ale gold to deep rust or brown, a blue-green that looks fresh cut.

several branches can make a me arrangement; or mix in some ods and dried or silk flowers to striking mixed bouquet. Many enjoy the clean, pungent, out- fragrance as much as the looks.

inized eucalyptus sold in stores widely in quality. Chances are me of the limbs you treat won't ut perfect either. But they'll still good, and most look fine in ar- ents. Sometimes a flaw becomes t, as when only the veins color ulting in a stunning silvery blue- fect.

ocess is surprisingly easy. Winter time to begin your project; once owth starts, any soft, immature branches will just wither. Select mbs, 2 to 3 feet long, with foliage fully mature and firm at the tips but not too leathery at the especially in drought areas, avoid that seems at all dehydrated or y. Also avoid any that is badly . Remove any leaves or branch- t are misshapen or poorly placed.

to immerse cut ends in the glyc- lution soon after cutting. If you ait, keep foliage in a cool pro- place and discard any that begins out. Then follow the steps pic- bove.

you place the cut branches is im- . Strong natural light is necessary to bleach out natural pigments for a clear color; warmth speeds glycerin absorption; high humidity keeps foliage from drying out faster than it can absorb the glycerin.

Add more glycerin solution the second and third days to keep stems submerged. Most eucalyptus will be permeated in five to ten days. You may want to remove some limbs before full saturation to keep a lighter color; as long as all the leaves are pliable, they should still keep a long time.

Frequently, beads of glycerin ooze from leaf tips and capillaries, especially in moist air, or if left in the solution past saturation. If you do it gently, you can rinse off the stickiness when the processing is completed, without even damaging the powdery leaf coating.

When all the foliage on a branch is permeated to your satisfaction, rinse or cut off the sticky smashed end, and make your arrangement. Leftover solution can be reused for about four weeks before it spoils; just strain out any debris.

Where to find materials. Some discount drug stores sell glycerin for about $2.75 to $3 a pint; other stores may double that price. A pint will treat about 14 2½-foot branches (a little more than the amount in the big bouquet at left).

If a florist is your only source of untreated eucalyptus, you might as well buy it already treated: You won't save much money doing the work yourself, and since the stems you buy have been kept in water they may not absorb glycerin well. If you don't own any eucalyptus yourself, ask friends, neighbors, or the garden staff of a park to let you have trimmings.

Which eucs to use? As far as we know, any kind of eucalyptus will absorb glycerin, but some develop only murky colors, and not all are pleasing in leaf form or branching pattern. Shown below are five that work well. If you have access to some other kind that's attractive fresh, treat a small branch first; then use more if you like the finished effect.

These five eucalyptus *work well (from left): E. nicholii, E. cinerea, E. pulverulenta, E. kruseana, E. polyanthemos*

Natural brown, or dyed? To vary the color, we added 1 fluid ounce of food coloring to the initial 3 cups of glycerin solution, with these results:

Red food coloring produced rust to mahogany shades. Green resulted in greenish foliage quite close to fresh; left in the solution, the foliage gradually darkened to a dusky gray-green. Yellow turned leaves a golden tan slightly paler than that produced by plain glycerin and water; again, the foliage darkened if left in solution too long. Blue gave tones similar to those produced by green, but not as pretty; we don't recommend it. □

1 • *Here's what you need to make an inexpensive hydroponic unit; the elements are listed at right*

2 • *Drill a 5/16-inch hole 3 inches in from each corner of the bottom of one dishpan*

3 • *Drill a drain hole near one of the corner holes; tape a wire screen filter over it*

4 • *Thread a 21-i wick through pair of holes you drilled in step 2*

5 • *Make sure that about 3 inches of wick hang through each wick hole*

6 • *Fill wick dishpan with growing mix (see text). Drill drain holes in each margarine dish; place one in each corner of lower pan. Pour nutrient solution into pan to barely cover the dishes*

7 • *Carefully nest the nutrient-filled wick dishpan into the lower one. Each wick may rest within or beside a margarine dish*

8 • *Moisten grow medium with nutrient solu then plant seeds. Di checks depth of solu*

With two dishpans and an hour's work, you open up the mysterious world of hydroponics

ntroversy over hydroponics (soil-dening) has run on for years. Ad- claim plants grow faster, bigger, longer season, and with less dis- etractors, however, claim that it tly takes more fertilizer, water, and money to grow plants this an in the ground.

ome gardeners simply haven't ydroponics because kits on the are expensive. Donald New- of San Clemente, California, is the exceptions—he has come up quick, inexpensive way for any- o dabble in soilless gardening. nts grow in a perlite-vermiculite with liquid fertilizer added.

live on the Southern California (nearly frost free), as Mr. New- does, you can build a hydroponic l put it to year-round use. In climates, you can get the ma- and build the rig now, but wait t in it until about the time of your st (the rig has no built-in heat or otection). Another alternative: If energetic you can plant long be- e last frost and bring the light- containers into the garage every

need these materials for each den: two plastic dishpans (the 14- nds shown are about $1.75 each); pty margarine dishes; 3 feet of 300 polyester cablecord (about s a yard at a yardage store); a mix of ¼ perlite and ¾ ver- ; and hydroponic nutrient solu- e dry ingredient costs about $2 d).

nbered photographs at left show w to put everything together. As we took the pictures, Mr. Newcomer easily assembled one hydroponic planting unit in less than an hour.

The principle is simple: Liquid fertilizer in the bottom container travels through the cablecord wicks into the moistened growing medium in the top container, where seeds are planted. Using wicks assures a steady supply of moisture and nutrients without any danger of the growing medium becoming soggy. The margarine dishes act as supporters.

Mr. Newcomer has successfully raised carrots, leaf and head lettuce, green bunching onions, parsley, radishes, spinach, and tomatoes (both full-sized and patio types). He also uses the containers to start marigolds and zinnias for transplanting, and this spring he plans to try eggplant and peppers.

Since the containers are elevated (a bench or table works well), snails and slugs haven't yet been a problem, but Southern California's ubiquitous white cabbage butterflies constantly lay their eggs on seedlings. They are controlled with a weekly spray of *Bacillus thuringiensis* (sold as Dipel, Biotrol, and Thuricide). Mr. Newcomer also built a screen cage over one of the containers that kept butterflies out.

Feeding and watering is simple: Once a week, pour the old nutrient solution out (preferably over tree roots where it will do some good) and replace it with a fresh batch of hydroponic liquid fertilizer. Between nutrient changes, use a premarked dipstick ("full" comes up to the 2-inch mark) like the one shown at left to check solution level. Add water as needed to keep it topped off between changes. □

Harvest *of radishes, lettuce, and many other common vegetables comes up few weeks with no damage from nematodes, slugs, snails, or ground-borne diseases. Tag lists crop planting and harvest dates*

STEVE W. MARLEY

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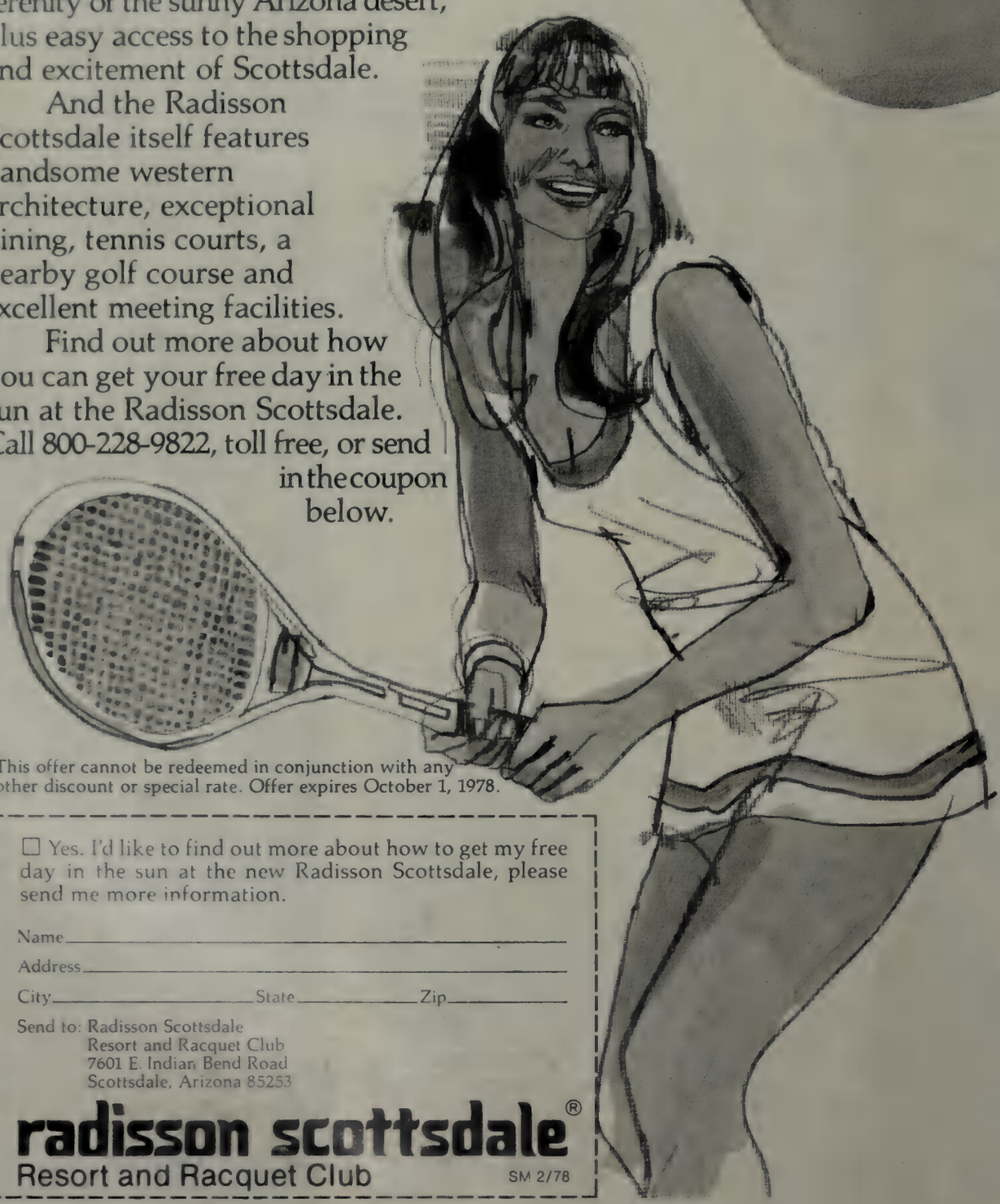

*This offer cannot be redeemed in conjunction with any other discount or special rate. Offer expires October 1, 1978.

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SM 2/78

ne 1978 roses . . . eight Hybrid Teas, two Floribundas, one Climber

ear's new roses—there are eleven e in all the basic rose colors: pink, ange, yellow, and white.

leven are headlined by two All ca Rose Selections: 'Charisma,' a e blooming Floribunda, and Magic,' a Hybrid Tea of changing Grown in 23 trial gardens across untry and selected by rose judges wide, these AARS winners were d for their color, bud form, grow- alities, and disease resistance.

gh the All Americas grow well in limates, some of the other new nay be more suitable for your Ask your nurseryman or a member r rose society about their local g potential.

ear's introductions come in only ategories:

rs (C) have long, pliant branches. loom in early summer, may con- looming into fall.

ndas (F) grow 2 to 3 feet high. semidouble, and double blooms grow in clusters. These roses from late spring through fall, de- g on the climate.

Teas (HT) have long branches ingle or double blooms. Plants to 6 feet high. They flower in summer, continue to do so in hrough fall. Most are fragrant.

w roses

e' (HT) has large yellow fragrant with olive green foliage. Long make them good cut flowers.

ma' (F) and 'Color Magic' (HT). e 104 of the January 1977 *Sunset*. n Call' (HT) has pink flowers with light red centers. They grow on long stems and are excellent for cutting.

'Fireside' (HT) has large double blooms which capture the colors of a cozy fire: red, orange, and yellow. Very disease-resistant; grows well in warmer climates.

'Gingersnap' (F) has large flowers with the most brilliant orange color found in a Floribunda. Stems may grow 2½ feet long, yielding excellent cut flowers.

'Ovation' (HT) often prompts a double look. Flower petals, deep red on the inside, melt into a swirl of white near the bud base on the outside. Foliage is large and leathery.

'Piñata' (C) has 2½ inch blooms, yellow with traces of orange-red. Long stems carry up to 15 flowers each.

'Pristine' (HT) is disease-resistant. Its perfect bud opens into an ivory white bloom with red edging around the petals.

'Standout' (HT) has medium-size buds and flowers. Petals are red inside and creamy white on the reverse. Glossy foliage is dark green.

'Wild Honey' (HT) appears coral when first blooming. As the plant matures, flowers change to a soft orange. □

DAVID STUBBS

Eyeballing two blooms *at once may reveal changing hues of 'Color Magic' at different growth stages*

g rose *petals and leaves sky-high, drawn pruning machine readies or digging and sale as bare-root Rows at right are unpruned*

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School month . . . classes, a clinic

Denver. February educational classes at Denver Botanic Gardens. For information about these and future classes, telephone the gardens at (303) 575-2547.

San Francisco. February 4 and 11. Pruning demonstrations by the San Francisco branch, American Fuchsia Society. Place: Strybing Arboretum—*Sunset Magazine* Demonstration Home Garden, Golden Gate Park, Ninth Ave. and Lincoln Way. Hours: 1:30 to 3:30. Free.

San Rafael. February 5. Pruning demonstration by the Marin County branch, American Fuchsia Society. Place: West End Nursery, 1938 Fifth Ave. Hours: noon to 2. Free.

San Francisco. February 7, 14, and 21. Continuing Tuesday lecture series sponsored by the Strybing Arboretum Society. For more information, call the society office at (415) 661-0822.

San Mateo. February 7 and 14; March 7 and 14. Spring lecture series sponsored by the San Mateo Garden Center. Place: Center, 605 Parkside Way, just west of Alameda de las Pulgas. Hours: 1 to 3. Admission: $2 per lecture; $7.50 for the series. For information and tickets, telephone (415) 574-1506.

Oakland. February 8. Environ horticulture conference by the U sity of California Cooperative Ext and other organizations. Place: mans Hall, Jack London Square. 8 to 3:30. Tickets: at the door, if able, $12; by mail in advance, $9 check to Environmental Hort C ence, 2033 White Oak Way, San C Calif. 94070; deadline is February

San Francisco. February 11. A plant clinic begins by the Strybing retum Society. Place: Hall of Fl Golden Gate Park. Hours: 10 to Admission: $2.50; members $1.50

San Francisco. February 11 an Orchid show and plant sale by th Francisco Orchid Society. Place: Flowers, Golden Gate Park. Hou to 5 Saturday; 10 to 4 Sunday. tion: $1; senior citizens and childr der 12, 50 cents.

Redding. February 25. One-day on small tree-farm management sored by UC Extension, Davis. Chart Room, Holiday Inn, 1900 Dr. Hours: 9 to 5. Fee: $30.

Two months of camellia shows

Redwood City. February 11 and 12. Peninsula Camellia Society; cosponsor, Parks and Recreation Department. Place: Veterans Memorial Building, 1455 Madison Ave. Hours: 2 to 8:30 Saturday; 11 to 5 Sunday.

San Diego. February 11 and 12. San Diego Camellia Society. Place: Conference Building, Balboa Park. Hours: 1 to 5 Saturday; 10 to 5 Sunday. Admission: 75 cents.

Arcadia. February 18 and 19. Temple City Camellia Society. Place: Arboretum, 301 N. Baldwin Ave. Hours: 1 to 5 Saturday; 9 to 5 Sunday.

San Jose. February 18 and 19. Camellia Society of Santa Clara County. Place: Jay McCabe Hall, 145 W. San Carlos St. Hours: 2 to 6 Saturday; 11 to 5 Sunday.

Moraga. February 25 and 26. Delta Camellia Society. Place: Campolindo High School, 300 Moraga Rd. Hours: 2:30 to 6 Saturday; 10 to 4:30 Sunday.

Pomona. February 25 and 26. Pomona Valley Camellia Society. Place: First Federal Savings and Loan, 399 N. Garey Ave. Hours: 1 to 6 Saturday; 10 to 5:30 Sunday.

La Cañada. March 4 and 5. Southern California Camellia Council. Place: Descanso Gardens, 1418 Descans Hours: noon to 5 Saturday; 9 Sunday.

Sacramento. March 4 and 5. Ca Society of Sacramento. Place: Co nity Convention Center, 1100 14 Hours: 3 to 9 Saturday; 10 to 6 Su

Bakersfield. March 11 and 12. Ca Society of Kern County. Place: Adams Memorial Gardens, C Park, 19th and R streets. Hours: Saturday; 10:30 to 5 Sunday.

Concord. March 11 and 12. Nor California Camellia Society. Place lows Shopping Center, Diamond at Willow Pass Rd. Hours: 10 to urday; 10 to 5 Sunday.

Fresno. March 12. Central Calif Camellia Society. Place: Cafe Fresno City College, 1100 Weldon Hours: 1 to 6.

Modesto. March 18 and 19. Ca Society of Modesto. Place: Winery, 600 Yosemite Blvd. Hours 6 Saturday; noon to 6 Sunday.

Santa Rosa. March 25 and 26. So County Camellia Society. Place: Rosa Junior College, 1501 Mend Ave. Hours: 2 to 6 Saturday; 10 Sunday.

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act control panel, which we call ntrol, plugs into any ordinary wall nding computer-coded pulses through your present wiring. The pulses trigger **Coby 1 Remotes**—small remote switches to go between plug-in appliances and wall sockets. Soon (by March) we will also have Coby 1 Remotes wall switches and Coby 1 Remotes re of built-in appliances like water d air conditioners. It's safe, simple, There's nothing like it.

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1 System™ is the result of brilliant ng by team of aerospace electron- . Coby 1 Control includes an Intel processor—**a complete tiny com-** us control circuitry, power supply s, coding and signal-generating cir- mergency power cell, and memory. ory contains 2048 words of low- rogrammable random access RAM) and 2048 bytes of read-only ROM). It stores device numbers, s, and status information for **up to red Coby 1 Remotes.**

ing and signal-generating hardware commands and distributes them our home wiring (but without inter- n any of your other appliances) to Remotes, which decode the signals hings ON or OFF.

enter commands through the key- display lights up to confirm. It can ed to review commands stored in All programs are entered, stored, ed through 12 function and control 10-key numeric pad (plus AM and

URACY IS BLACKOUT-PROOF.

kout? Built-in battery power keeps memory fresh. Unlike conventional ock radio, Coby 1's clock won't lose When power comes back on, the utomatically recharge. This feature you **unplug your control unit and plug it in again anywhere.** Its handsome digital clock gives you the year, month, day, hour, minute and second with accuracy to five seconds per month. The calendar will show the correct date until 2021.

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IT'S FUN TO USE COBY 1.
Each Coby 1 Remote is assigned an identification number. If the front hall lamp is Number One, you simply tell Coby 1 Control to turn Number One on or off—now, Tuesday, any day or every day, if you like. And if you've ever operated a pocket calculator, you'll have no problem whatsoever with Coby 1.

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Picture yourself on frigid winter morning. Coby 1 can wake you with your hi-fi system and a lamp.

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Coby 1 has warmed the car engine for you, so it starts readily and warms up quickly.

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IT'S A CARETAKER WHEN YOU'RE GONE.

Now you can go away for a week (or a month) and leave Coby 1 in charge. Consider a potential thief watching your house: lights (Nos. 1–6) go on and off as if people were moving around. The TV (No. 7) goes on; then goes off. Finally, the bathroom (No. 8) and bedroom lights (No. 9) go out. **You can repeat the pattern daily or vary it for up to a year** in cycles as short as a second or as long as 100 hours. Yet **it will use less energy** and suggest more activity than leaving lights or radio on constantly.

When you come home, Coby 1 can have the house warm (or cool, in summer), the porch light on, the sofa lamp on, and the hi-fi on to welcome you.

CONSIDER THE ENERGY SHORTAGE.
Coby 1 can do wonders for your electrical bill. It never forgets to turn things off. It can turn car heaters, air conditioners, or electric heaters on just far enough ahead to make things comfortable—no need to have them on constantly. You can change the times from your easy chair. No mechanical timers; no wasted power.

WE'RE INTRODUCING THE COBY 1 SYSTEM AT A SPECIAL LOW PRICE.
We're interested in how you users put Coby 1 to work. **So until February 28, 1978, we'll accept advance orders for a Coby 1 Control at $399.00, the price to include a free Coby 1 Remote.** Suggested retail prices through stores will be $450.00 for the Control, $45.00 for the Remote. Other remotes will be extra.

Simply fill out the coupon and send it with your check, money order, or credit card data. You can also call in your order or get more information by calling (505) 526-3358. We'll ship your Coby 1 along with full instructions and suggestions on its use, after our first production run in January. We'll also include our 1 year parts-and-labor limited warranty.

WHO ENERGY TECHNOLOGY IS:
The company was started by the three of us, Brook Reece, Phil Reed, and Keith Burn. We developed the system ourselves. We're excited about Coby 1 because everyone we've talked to has expressed real interest in the product and sees a need for it.

We've been working on Coby 1 for months. Development and testing of production models is now complete. They'll be ready to ship in January.

Dealer inquiries invited. Energy Technology, Incorporated, 1601 South Main St., P.O. Box Q, Las Cruces, NM 88001. Phone: (505) 526-3358

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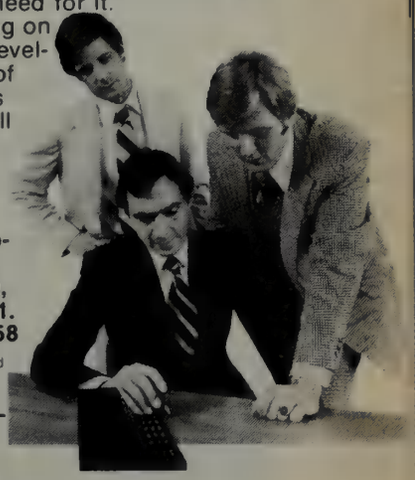

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SUN 2-78

KAREN E. CONDO

A twist *removes the tops of young salsify roots. Some find their delicate flavor similar to oysters*

For oyster fans, salsify roots

Reactions to salsify root, or oyster plant, are as strong and varied as reactions to the food for which it's nicknamed. If you're a fan of either oysters or root vegetables, salsify is worth trying. The plants are slow, but easy to grow. You can start them as soon as soil is workable.

If you sow seeds this month, small roots should be ready to pull by June; or they can be left in the ground through winter. Grown well, they are delicate in flavor and very tender well beyond the young size shown.

As they age and lengthen to 10 inches or so, flavor gradually becomes quite strong and texture somewhat fibrous. The following spring, before flowers form, some people enjoy eating very young leaves from the center of the tops.

Some gardeners say that black salsify, or scorzonera, tastes even better than the white variety, and stays tender longer when left in the ground. Most people peel off the black skin and eat only the white inside, but some find the skin especially flavorful.

Seeds for white salsify are available from almost any mail-order firm that vegetables and from some seed Thompson and Morgan, Box 100 ingdale, New Jersey 97727, offer of both kinds for 65 cents a pack 60 cents handling.

Thickened rootlets on the salsify are fairly typical, but you m smoother roots if you avoid usin organic material in the planting s manure or compost only if it's w composed. Sow, thin, weed, and salsify much as you would carrots

If you leave roots in the ground t winter, they will produce a large, dandelion-like flower in spring a moist soil, lots of volunteer salsi the second year's crop.

Both white and black salsify d rapidly when cut. You can keep white in a mildly acidic solution as water with lemon juice.

Prepare salsify as you would an vegetable. Steam, sauté, or pur cream soup; dip in egg batter and c and fry to bring out the oyster Or use salsify grated raw in salads

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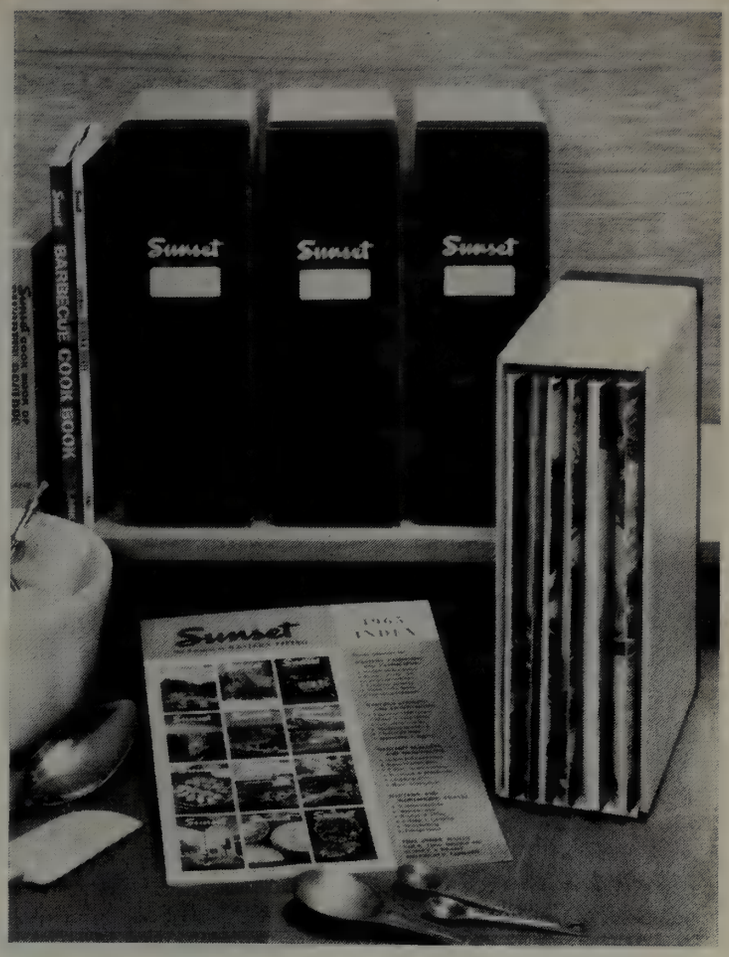

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"I wanted to transform the bits and pieces of garden space into outdoor rooms"

How well he succeeded these photographs show. It's one of 102 small space garden layouts in a new book

Every room in this remodeled house has a corresponding outdoor living space. They're not just to look at, but to walk out into and use.

It all began as a highly specific challenge: how to utilize small, irregular areas around a house sited on an oddly shaped lot. But the imaginative solutions devised by landscape architect Roy Rydell could be adapted to many urban and suburban houses, even those on routine rectangular plots.

Rydell summed up his design this way: "I wanted to transform the bits and pieces of garden space I was working with into outdoor 'rooms' that would be extensions of the house. These rooms are defined by open trelliswork and decorative solid screens with richly textured floors in concrete, wood, and brick."

The photographs on the opposite page show you four of these spaces. Camera angles are indicated on the plan below.

Set well out from the house, the double entry gates pictured at near lower right essentially function as the front door. They lead into a private, 12 by 14-foot paved courtyard with room for dining table and chairs and an assortment of container plants. East-facing, it's sunny in the morning, pleasantly cool and shady in the afternoon.

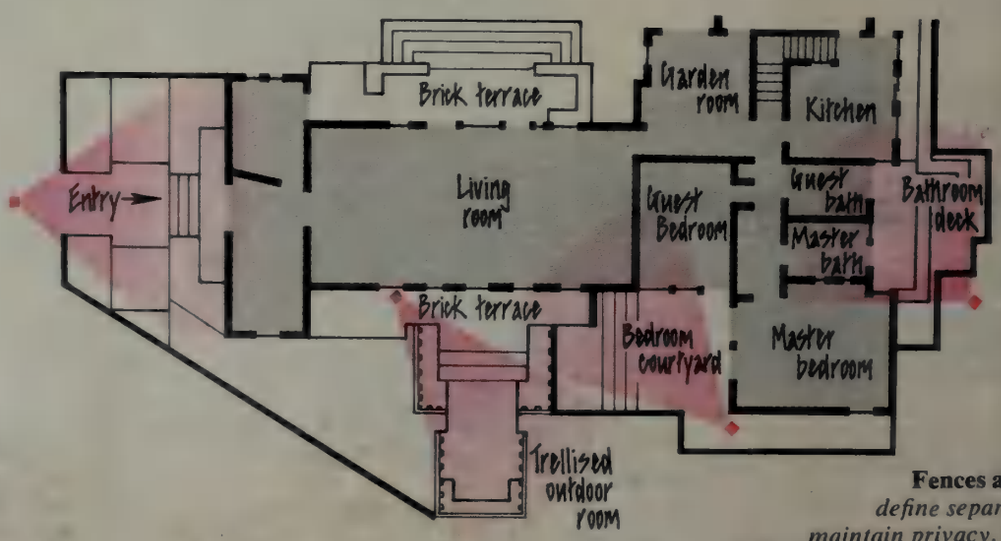
White trelliswork encloses the area off the north side of the living room. The white paint reflects light back into this shady area of the house. Brick steps lead up from a 6-foot-wide brick terrace to an outdoor room 10 feet wide and 18 feet long. Here the screens are not for privacy; you peek through them into adjacent garden areas. (A larger sitting and entertaining area, off the opposite side of the living room, i pictured; see plan below.)

The intimate, 6 by 14-foot deck in the middle photograph is off master bathroom. Surrounded on sides by a high, solid fence, it's a pletely private sun pocket. There's r too, for a hot tub.

Notice how the bedrooms open to own enclosed courtyard, a space 1 17 feet paved with concrete and b The master bedroom looks out alon full length of the courtyard thr double glass doors—almost the view see in the photograph at far lower r The guest bedroom has a smaller a door just out of this camera angle.

This bold solution to a garden pro is only one of 102 garden layouts ideas in *Sunset's* new book, *Small-S Gardens*, pictured below.

Developing *the small and often oddly shaped areas of your garden can be frustrating. Available this month is a handy guide aimed directly at the problem—Sunset's new book, Small-Space Gardens (Lane Publishing Co., Menlo Park, Calif. 94025, 1978; $2.95)*



Fences and scr *define separate sp maintain privacy, edit vi Color blocks show where our camera stood to get the photographs at r*

ELLS MARUGG

elliswork *encloses linear patio area*
room. At end is windowed screen and built-in
at wraps around three sides of a dining
ving is brick laid closed-joints in sand

gates invite *you into a paved courtyard*
rves as a roofless entry hall. Low-voltage
s used here and throughout garden areas

Floor-level deck *of 2 by 6's off master bedroom is used for sunning, reading. Bench-railing is for sitting, plant display. Guest bathroom looks out but doesn't open to space*

Bedrooms have *their own private spaces, too. Broad steps are designed for sitting. Most plants here are in containers that can be moved about for best seasonal display*

ORTHO announces two significant new titles in its fabulously successful book series now numbering 20. Produced in the colorful, factual ORTHO format, these new books present all original material culled from years of experimenting with growing things.

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tells how to select and grow trees from the points of view of home owners, city planners, landscape architects, food growers, commercial growers and tree enthusiasts. It includes regional maps, charts on fast growing trees, and the soil needs of various trees. More than half the book is a regionalized "tree encyclopedia." Complete nuts and bolts information on digging, planting, staking, watering, fertilizing and pruning. 112 colorful pages.

Gardening with Color
discusses using the wonderfully varied colors of nature as a gardening palette. It will open your eyes to the colors that already exist in any landscape, teach the principles of color gardening, give advice on color combinations in single flowers as well as whole fields of floral color. It tells how the gardener can borrow different planting and color ideas from different countries. Contains detailed charts of plant materials for planning color combinations in the garden. 96 colorful pages.

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NORMAN A. PLATE

Big drum *absorbs heat, helpin baby carrots to germinate and faster. Scrub with a coarse sponge, eat unpeeled*

Why baby carrots are favorites

Which carrot is most popular with home gardeners? When we asked our readers, not one recommended any of the long kinds. Here's what four of them said:

"The little short ones stay sweet longer and aren't so temperamental."

"They're such fun to harvest and eat during the baby stage, we grow some every year, even though they can't compete economically with inexpensive carrots in the store. 'Short 'n Sweet' and 'Royal Chantenay' have done well."

"We grew impatient with regular varieties like 'Danvers Half Long.' Now we plant only mini-types like 'Short 'n Sweet' and 'Little Finger.' "

"I find 'Little Finger' a delightful gourmet type, wonderful for canning."

Why baby carrots? One reason they're becoming so popular is that more kinds have become available during the past 10 years. Some other kinds besides those mentioned are 'Baby Finger,' 'Kurna,' 'Planet,' 'Sucram,' and 'Sweetheart.'

Many of these mature significantly faster than longer varieties, and have been selected by hybridizers and seedsmen for their extra sweetness. In most garden soils they also grow better.

Another reason may be the mild-winter climate where all the gardeners quoted live—they can all grow carrots year-round. Where it's possible to replant at almost any time, people often harvest before crops reach full size. And once that happens, it's easy to get hooked: There's something intriguing about the look and feel of a carrot you can munch at one sitting, or even pop into your mouth whole.

The Nelson two-drum technique. The way carrots are grown is as important as the variety chosen. Even short varieties send root hairs to a surprisin and need loose soil.

Herb Nelson and his neighbor Mr Groening, of Palo Alto, find th heat absorbed by big half-drum carrots mature much faster. Th containers are also an easy way vide deep, loose soil.

The drums are almost 1½ feet de 2 feet across, with holes dril punched in the bottom for drainag Nelson keeps his drums on dollies can move them to a warm spot in a cool place in summer.

Other containers should work e well. For planting, use a comn potting mix, or make your own about 2 parts sand, 2 parts well- compost, and 1 part soil.

Scatter the seeds evenly, about ½ apart. Barely cover them with sand moss, or potting soil, and water Cover with plastic to hold in hea moisture until the seeds germinate ally 6 to 14 days, occasionally long

Mr. Nelson uses about ½ packet t one drum. If 80 percent germ that's about 600 carrots.

He sows the second drum a few m later. As soon as one drum's cr used up, he works in more compos resows it. Usually by that time the drum will be ready to begin croppin

Seeds in quantity. If you plant c often, it may be worthwhile to bu ounce of seed (about six times b than a seed packet) from a mail- seed firm. It costs much less tha same number of seeds purchased in vidual packets.

Carrot seeds will stay viable for u four years if you keep them in a dry place.

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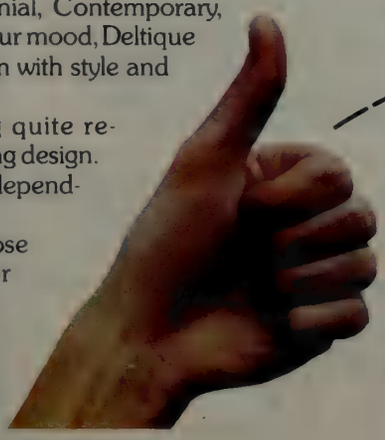

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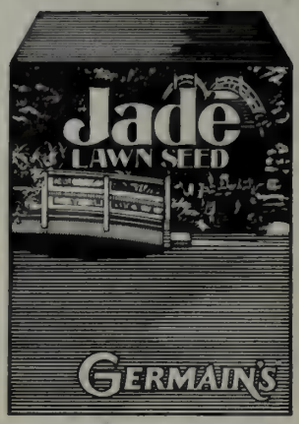

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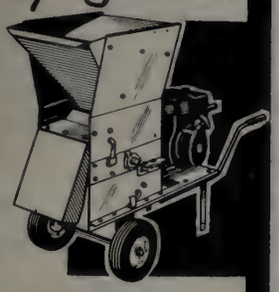

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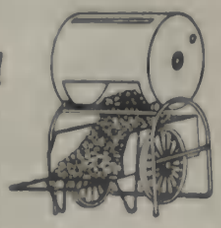

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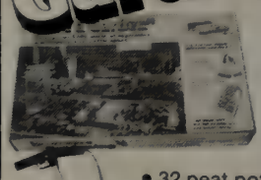

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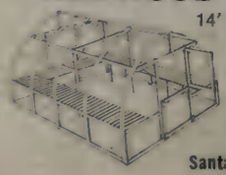

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DARROW M. WATT

Compare: *genetic dwarf peaches, same age, exposure, care. In the ground (above) it thrives; in the tub (right) it's stunted, sparsely foliated*

Tending a dwarf fruit tree . . . in the ground, in a container

Dwarf deciduous fruit trees are among the most popular items of the bare-root season. These include many genetic dwarf peach and nectarine varieties, some developed just for mild-winter climates, and two new genetic dwarfs that are now available in small quantities —'Garden Delicious' apple (see page 108 of last month's *Sunset*) and 'Garden Bing' cherry.

Before making your purchase, decide whether you want to plant in the ground or a container—and take a good look at the photographs above. Healthy, bushy examples in the ground are common and easy to grow. They need little regular attention—watering about once a week in summer and feeding four or five times during the growing season.

Growing a healthy specimen in a container is much more difficult. The one above, which is about average, bears a profusion of lovely flowers, and so far almost as much fruit as the other tree shown here, but its leaves are smaller and paler, and it grows much less vigorously.

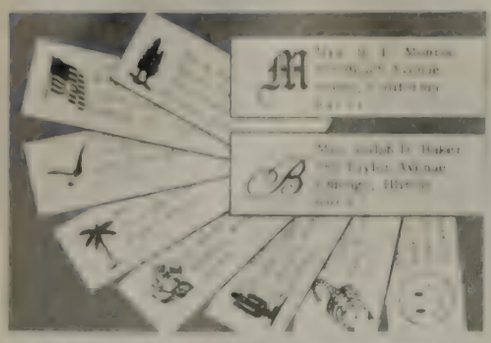
If you still wish to try a container tree, take these steps:

Compensate for heavy leaching by feeding every 1 to 4 weeks with a complete fertilizer.

Avoid extreme fluctuations in moisture and soil temperature. Water often. Use mulch—3 inches of straw can lower summer water needs from 5 times a week to 2 or 3 times. A large container (wood or thick-walled terra cotta) holding at least 4 cubic feet of soil will keep feeder roots from heat damage. Protect plants from strong wind and reflected heat. Group them with other plants.

Use a soil mix of ⅓ fine garden soil and ⅔ redwood bark or similar material. Most garden soil gives inadequate drainage; planter mix by itself may dry too quickly and be too light to anchor roots firmly. □

THE *Sunset* SHOPPING CENTER



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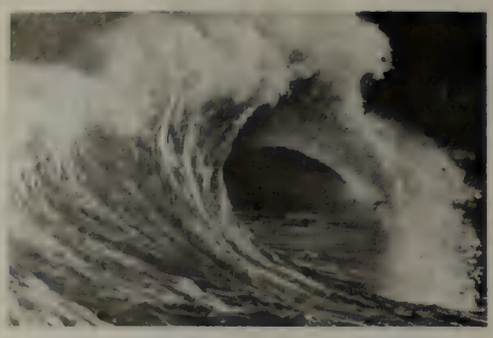

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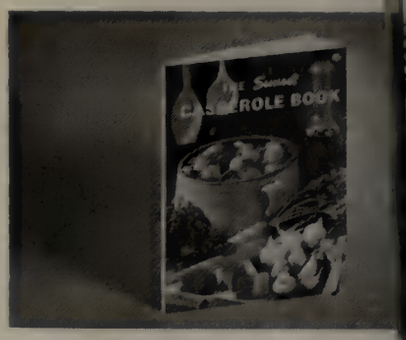

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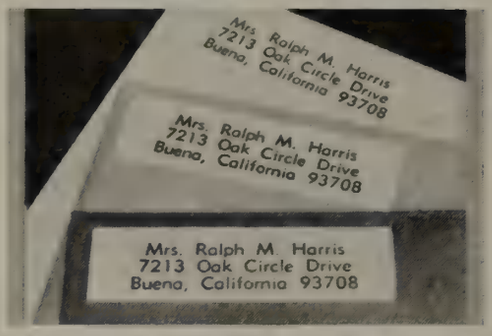

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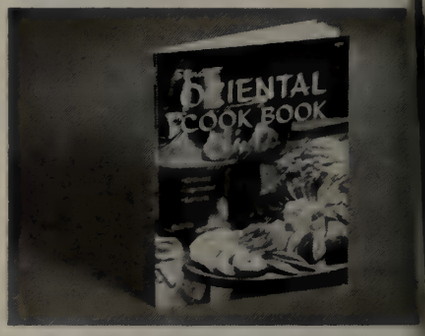

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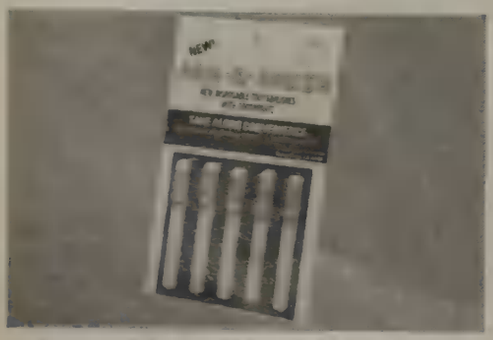

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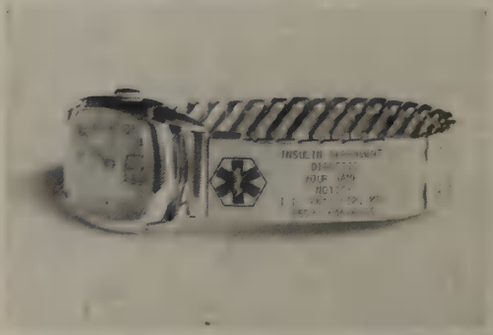

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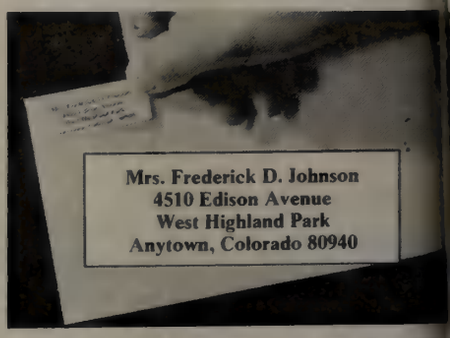

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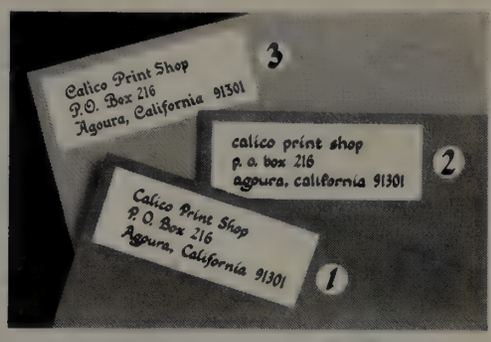

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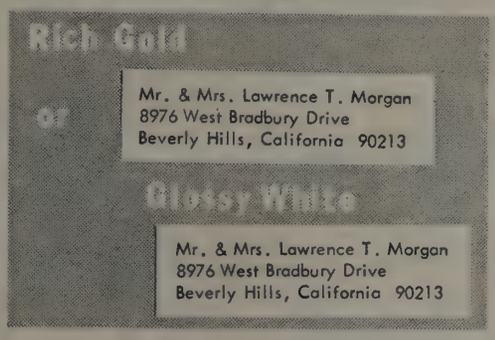

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DARROW M. WATT

Dig celery root *when base is at least 2 inches across. You eat the base after slicing off roots and skin*

It's time to plant celery root

Celery is tough to grow to perfection. If conditions aren't just right, stalks become stringy and tough. Several gardeners have reported better quality with celery root or celeriac—almost the same rich flavor, the crunch of carrot, no strings, no wateriness. When it's home grown, the flavor is much richer and fresher than that of celery or celery root sold in markets.

Buy seed now from your nursery or from a seed catalog. Sow indoors or in a greenhouse in cold-winter areas; near the coast you can sow outdoors (temperatures around 65° are ideal). Seeds take 10 to 21 days to sprout; keep them moist at all times. In eight weeks or so, when seedlings are 3 to 6 inches tall, transplant 8 to 10 inches apart into loose, rich garden soil.

Water and feed heavily and often. Harvest any time after the stem base is 2 inches across—three months or more after setting out plants. In mild climates, the crop will keep in the ground for a long time. Inland, harvest and use before extreme heat or cold can damage them.

Here are readers' serving suggestions:

—Parboil root as you would potatoes, and prepare like potato salad.

—Slice thinly and fry: in butter and parsley; with olive oil, a hint of vinegar, and garlic; or in an egg batter.

—Slice and steam quickly as you would any root vegetable.

—Use leaves and stalks to flavor roasts, soups, stews. Use the tender central stalks as you would regular celery hearts. □

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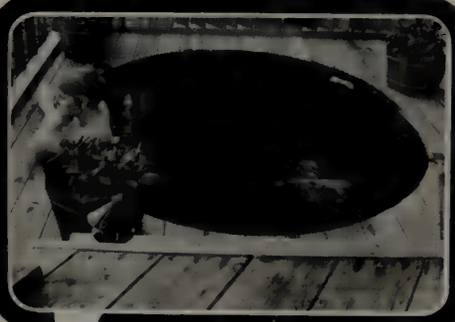

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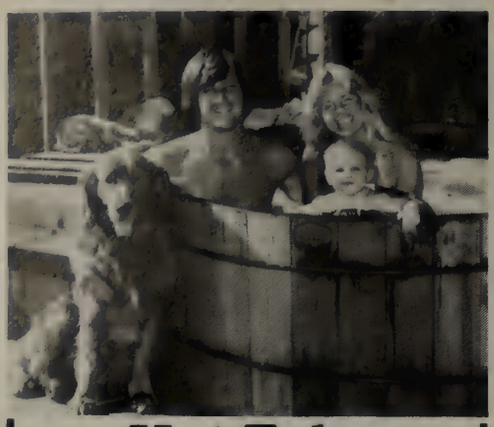

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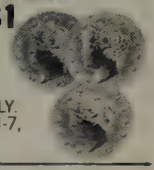

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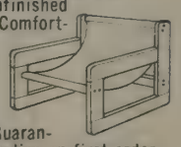

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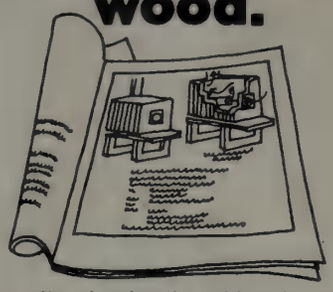

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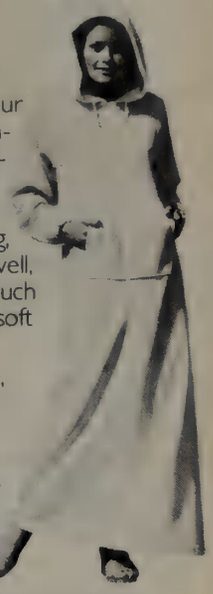

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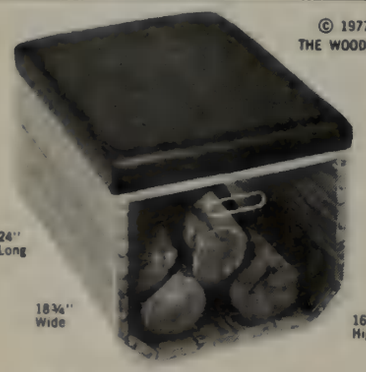

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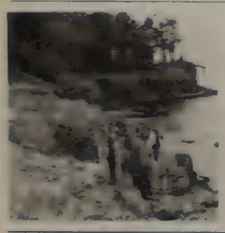

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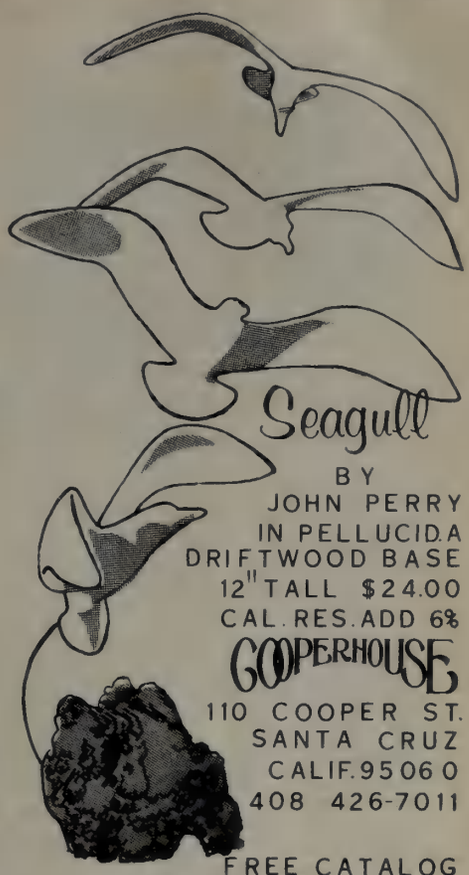

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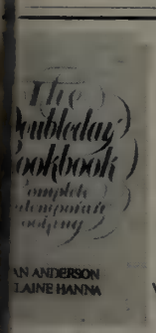

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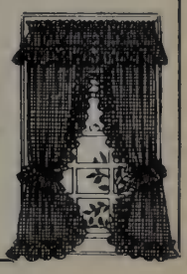

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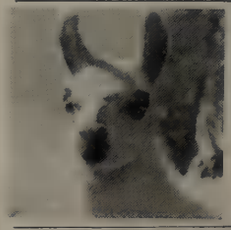

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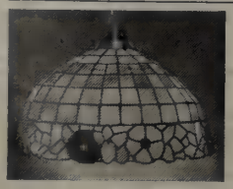

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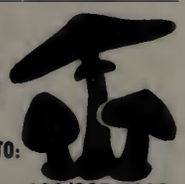

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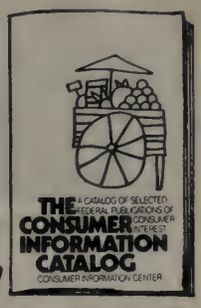

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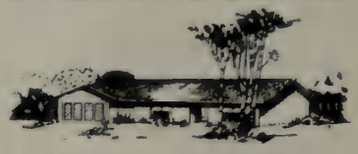

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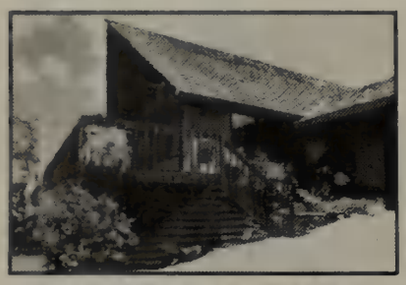

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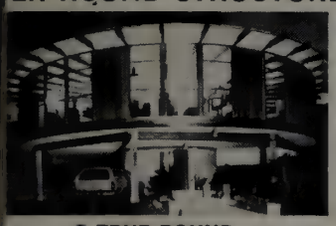

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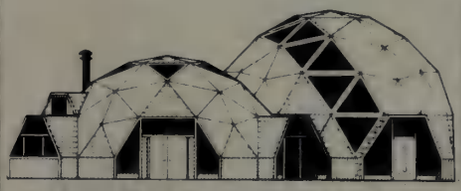

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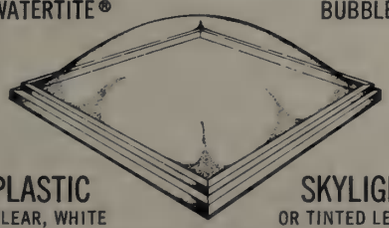

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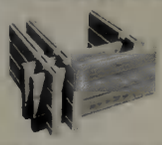

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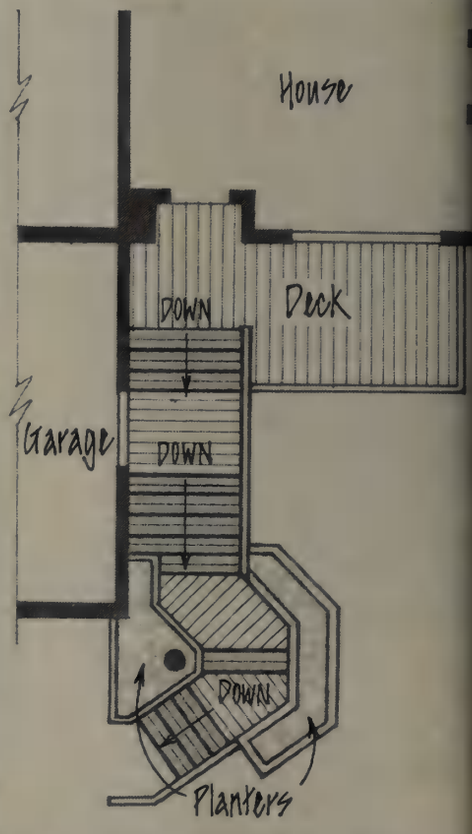
The old entry was narrow and cramped. The new is bold, spacious, colorful

NORMAN A. PLATE

Before. *Concrete steps were crowded between garage and trunk of Monterey pine. Wooden steps and landings near house weren't very big*

DAVID STUBBS

After. *All the improvements are of wood: 16-inch-deep steps, generous landings, planter, hand rail, and big deck across entire house front*



Multilevel entry *goes from driveway, betwee planters, around pine, and up to house*

For a more inviting and easy-to-negotiate approach to their Carmel, California, home, Carl and Lilian Uppman called upon architect Thomas Elston, who worked out the solution you see here. The new arrangement has broad, gently rising steps and spacious landings which lead directly to the front door.

Generous raised beds on both sides of the steps-and-landings structure bring considerably more flower display area into this half-shaded front garden. The large raised bed on the right-hand side of the structure contained impatiens in the summer when our photographs were taken. During Carmel's mild winters the owners grow cinerarias there. In colder climates, you could either let such a bed go empty through the winter or plant it with permanent hardy shrubs.

A Monterey pine tree appears to be growing out of the planter by the driveway (see photograph at right). Actually, its trunk still meets the ground just where it did in the "before" photograph above. A hidden bulkhead in the raised bed (on the garage side of the tree) keeps soil away from the trunk. Stacking soil around the trunk of an existing tree can cause numerous troubles. □

Next to pine *in planter at right are star jasmine, sweet alyssum. At edge of picture: an azalea and fuchsia 'Swingtime' (also visible in large picture)*

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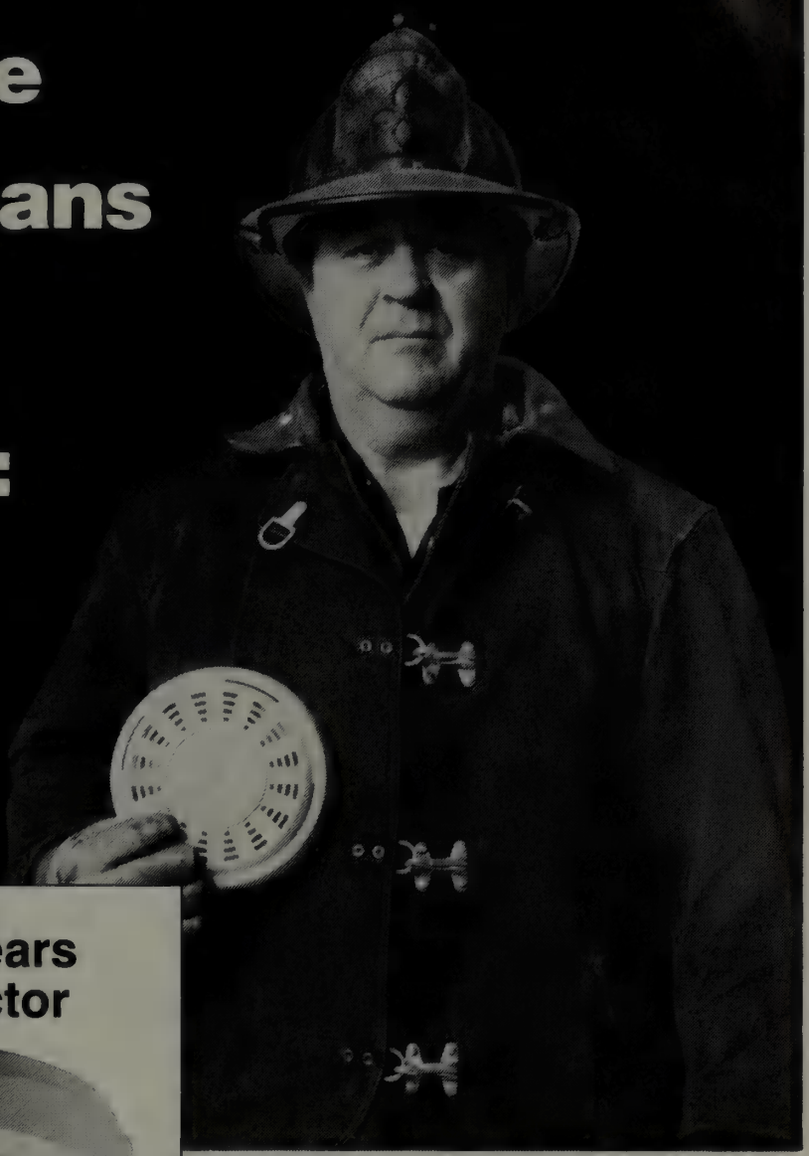

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New ways to save the old

The restoration of Honolulu's great Iolani Palace (page 64) is the l success story of historic preservation in the West.

In fact, the climate for preservation is increasingly favorable, and s useful new tools are making this work easier.

Historic building codes. Most prevailing codes make no allowance century-old materials and other factors, making restoration too c or impossible. But several Western states and some cities, like Se and San Diego, have adopted more lenient codes for historic buildi

California's State Historic Building Code Advisory Board is abou publish comprehensive guidelines dealing with structural problems, safety, and archaic materials. For more information, write to the B in care of the State Architect, 1500 Fifth St., Sacramento 95814.

National Register of Historic Places. Properties are nominated by o ers or local government agencies, then reviewed by a State Preserva Officer before final approval by the Secretary of the Interior. Regist properties can qualify for National Park Service matching grants preservation, acquisition, rehabilitation, and development.

(The Secretary of the Interior is now considering the creation of a H tage Resource and Recreation Service under the Bureau of Out Recreation, which would take over these responsibilities.)

For additional information on the current program, write to your S Preservation Officer (your state's government information office can you where), or to the Keeper of the National Register, National P Service, Department of the Interior, Washington, D.C. 20240.

Federal Tax Reform Act of 1976. Section 2124 provides benefits the rehabilitation of income-producing National Register proper plus some locally designated districts. It also specifies some destruc deterrents—demolition costs, for example, are not deductible. details, contact your State Preservation Officer.

State property taxes. Arizona, California, and Oregon have passed laws that encourage preservation—such as taxing historic propertie present value, not potential use.

Revolving funds. With capital raised from contributions, dues, grants, groups like Utah Heritage Foundation, Historic Seattle Preser tion and Development Authority, and Foundation for San Francis Architectural Heritage make restoration loans or buy endangered bu ings. After renovation the purchased buildings are sold, with a "fac easement" to guarantee no exterior change. Proceeds are then use preserve other buildings. For details, contact the National Trust for H toric Preservation, Room 859, 681 Market St., San Francisco 9410

And change is in the wind beyond the West. Pacific Ocean countries other members of the Pacific Area Travel Association may soon for Pacific Heritage Society, to encourage preservation of the area's uni art, architecture, culture, life styles, and natural beauty.

WINDOW ON THE WEST: *A move in San Diego*

If on-site preservation is impossible, a building might be moved.

San Diego's Heritage Square, adjoining Old Town, is one new haven for historic buildings. Supported by county and federal funds and private contributions, the park now has four restored homes in place and more structures to come (the next will be a synagogue).

The county Park and Recreation Department is located in the 1887 Sherman-Gilbert house at left, the county's only remaining home with a high widow's walk. Its refurbished parlor is open for view on weekend afternoons. Shops and offices will occupy the square's other buildings—but at least one room in each will be kept public.

March 1978

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Sunset

The Magazine of Western Living

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Living Easter Baskets P. 94

Irish Year in the Bay Area P. 88

San Francisco Cioppino P. 84

The Old Roses P. 108

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Central Edition Feature articles for March 1978

New pier at Point Pinole 54
Cioppino—San Francisco, L.A., Seattle versions 84
Irish month in the Bay Area 88
Japanese folding bed—a weekend project 98
Which tomatoes for pots? 100
Lamb bread for Easter breakfast 102
What's so special about old roses? 108
Neapolitan gravy is endlessly useful 162
Less thirsty grasses to plant this spring 244

BURLINGAME
MAR 2 1978
LIBRARY

ravel

larch travel
in and beyond the West 3
rizona's Topock Marsh 35
/here to camp, Baja to Alaska, California to the Rockies 38
reparing for a long flight 40
rish bakeries, Irish imports 44
ports museum near L.A. airport . . 46
lypothermia and what you can do 48
land-made roadsters 53
lew pier at Point Pinole 54
pen house at two lighthouses 56
lainz to Cologne on the Rhine . . . 62
ld-timer restaurants in downtown L.A. 68
pecial meals on airlines 70
eather shopping in Baja 74
now sculpture in Park City, Utah 76
Major leaguers warm up in Arizona and Palm Springs 78
rish month in the Bay Area 88
Green-again Marin 104

Food and Entertaining

Cioppino 84
A woolly lamb for Easter breakfast 102
*Sunset's Kitchen Cabinet** 160
Neapolitan gravy 162
Greek soup with meat in one pot . . 164
Hot cross buns the easy way 167
*Chefs of the West** 168
Crabs and avocado crêpes 175
Clay pots over direct heat? 176
Rice pudding with fruit, nuts 178
Cowboy beans and chile beans 180
A do: n buttery brioches 182
Flan: y fruit to serve with meat . . . 184
March menus 186
Min flaky, buttery, Greek . . . 192
Hot y Chinese dumplings . . 194
Ap crisp, afire 196
De t hollandaise 198
H anana jam 200
cken casserole 202
r the Hung Lum way 206

Letter from Sunset:

The West's own Dungeness crab . . 264

Building and Remodeling

New "between room." In tight space it joins house to garage 92
Airy spaciousness in what was once a gloomy maze 106
Behind the finialed fence: new brick courtyard 110
Two ways to have a microwave . . . 114
An achievement in cost saving 136
Wall-to-wall library 144
Storage wraps around appliances . . 146
Tucson sunshields—in concrete . . . 148
Solar house-garden in Taos 157
When old paint needs stripping . . . 158

Workshop and Craft Projects

Japanese folding bed 98
*The Changing Western Home** 112
Burlap shades for sun control 120
Wood toy rolls, climbs, stacks 122
Humpty Dumpty and eggy friends 125
What a plating shop can do for you 130
Redwood coffee table for just $30? 138
Lidded sandbox for play and plants 140
Four-toys-in-one is easy to sew 142
Ripping out stitches quickly 150
Side yard screen just rolls away . . . 152
It's a mailbox and address light . . . 154
When old paint needs stripping . . . 158

Home Management

*The Changing Western Home** 112
At "The Joy of Fixing," people share their skills 126
What a plating shop can do for you 130

Landscaping and Outdoor Building

Finialed fence, new brick yard 110
Entry light is a globe trio 118
Lidded sandbox for play and plants 140
Tucson sunshields—in concrete . . . 148
Side yard screen just rolls away . . . 152

Gardening

Living Easter baskets 94
Which tomatoes for pots? 100
What's so special about old roses? 108
March in your garden 208
Chilean rarity 212
Satiny strawflowers from seeds 214
New sweeter-than-ever sweet corn 216
Netting to keep out birds and deer 218
Where to find rare old roses 220
Coleus color from March sowing . . 222
A tree for almost all seasons 226
Catnip cousin as ground cover 229
Ideas for mountain gardeners 230
African linden, indoors or out 233
Old-fashioned seed stores 234
Pines in trouble? 236
Another way to graft 238
Big month for shows 240
How to speed up seedlings? 242
Choices for a less thirsty lawn 244
Planter from volcanic rock 246
Tools for the cactus groomer 248

The Cover Story

A dozen bright English primroses (Primula polyantha) spill over the rim of our big Easter basket. In the article that starts on page 94 you'll find more examples of blooming spring baskets you can put together, and the simple how-to's. Cover photograph by Glenn Christiansen

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Parks where the pooch can run

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Here are the parks that have set aside free-run (no leash) areas for dogs (one even has a guided nature walk for dog and owner). In all of them, however, even when a dog is off leash he is expected to be under the owner's control.

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Golden Gate Park, four sections:
1) bounded by Lincoln Way, South Drive, Fifth and Seventh avenues; 2) northeast section off Stanyan Street between Hayes and Fulton streets; 3) bounded by South Drive, Middle Drive, 34th and 38th avenues; 4) dog training area at 38th Avenue and Fulton Street.

Mission Dolores Park, 18th to 20th streets between Church and Dolores streets.

Lake Merced, north section at Lake Merced

Cioppino editor *Kandace Reeves (left) ladles up a bowl of Puget Sound - style fish soup for bibbed queue of staffers*

L. A. and Seattle shopping, Menlo Park tasting

A staff conference at our Menlo Park, California, headquarters gave us a chance to test three regional recipes at once—from shopping to eating.

Each of our recipes for cioppino called for fresh local seafood. So the morning of our meeting, our editors in Seattle and Los Angeles did some close-to-home shopping, then boarded their planes carrying freshly caught salmon, lobster, and lingcod. Bay Area editors made a similar excursion to San Francisco's Fisherman's Wharf for shrimp, crabs, and clams.

When the seafood bags were unpacked in Menlo Park, the broths were waiting in our test kitchens. At the cry of "soup's on," we donned our bibs and sat down to evaluate the three cioppinos. For a look at our menu, turn to page 84. □

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Boulevard and between Middlefield Drive and Skyline Boulevard.

McLaren Park, top section bounded by Shelley Drive and Mansell Street, south section south of Sunnydale Avenue.

Mountain Lake Park, off Lake Street between 8th and 12th avenues.

Stern Grove, north side bounded by Wawona Street between 21st and 23rd avenues.

AROUND THE BAY

Del Valle Regional Park, 8 miles south of Livermore; ½-mile marked dog run area—otherwise dog must be on leash.

Tilden Regional Park, Grizzly Peak Boulevard, Berkeley. Dog run area on 3-mile Seaview Trail; guided nature walk for dogs and owners on April 1 at 1 P.M. (meet at play field off Canon Drive).

Sunol Regional Wilderness, 22 miles northeast of San Jose off Interstate 680; dogs must be on leash at picnic and camp areas only, can be off leash on trails.

At all East Bay Regional Parks, dog must be leashed at parking, picnic, lawn and concessions areas; no dogs are permitted at any swimming pool, beach, or nature area.

Dogs are not allowed in San Mateo County Parks; in Marin County they're allowed, on a leash only, in all but four parks—McNears Beach, Paradise Beach, Stafford Lake, John McInnis. In Sonoma County they're permitted in all parks on a leash only, and also in Santa Cruz County (except no dogs in Highland Park in Ben Lomond). In Santa Clara County, dogs on leash only are allowed in parks; none permitted on trails.

Old masters come to Denver

One of the most important art exhibits to come to the Rocky Mountain area is at the Denver Art Museum now through April 9. The 100-piece Armand Hammer Collection of Renaissance to Post-impressionist works includes Rembrandt's *Juno*, considered the finest work from the artist's late period, as well as works by da Vinci, Michelangelo, Rubens, Goya, van Gogh, Degas, Renoir, and Cézanne.

The collection spans four centuries in art. Special admission for the show is $1.50 adults, 75 cents seniors and students with student body cards, under 12 free. Museum hours are 9 to 5 Tuesday through Saturday, 1 to 5 Sunday, 6 to 9 Wednesday evenings. The museum is at 100 W. 14th Avenue Parkway.

Whale watching near Mendocino

Two weekend whale-watching stations have been set up this month near Mendocino, some 150 miles north of San Francisco. The California gray whale will be migrating from the calving lagoons of Baja California north 6,000 miles to feeding grounds in Arctic waters.

At both stations whales come fairly close into shore, and park rangers are there to help you spot them and answer questions. A ranger will be at MacKerricher

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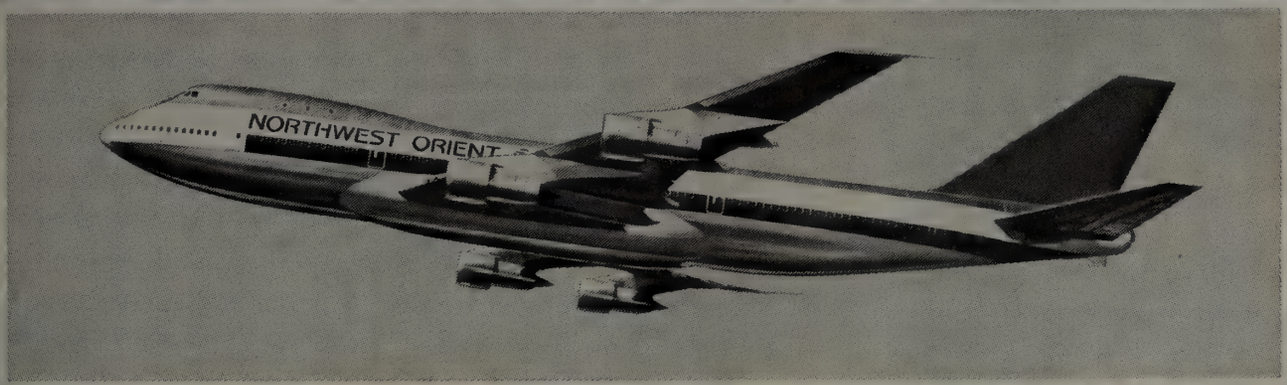

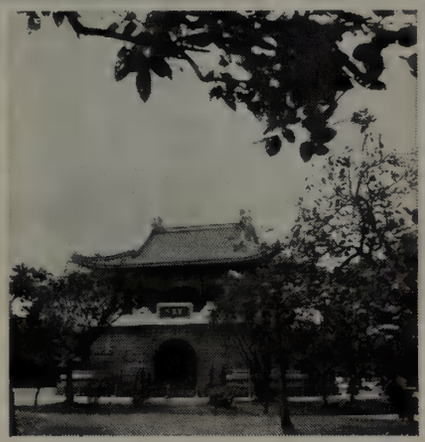

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Denver, Colo. 80241

JOHN F. MARRIOTT

On Korbel tour. *guide explains champagne riddling; each bottle gets daily quarter turn to settle yeast sediment*

State Park (3 miles north of Fort Bragg) each Saturday and Sunday from 10:30 to noon; meet at the 20-foot-high bluffs west of the parking lot. Mendocino Headlands State Park (in Mendocino) will have a ranger on the 80-foot bluffs Saturdays 12:30 to 2 and Sundays 10:30 to noon; meet at the foot of Little Lake Street. Wide-angle binoculars are a help.

Love and tragedy in the Carmel Valley

The Hidden Valley Opera Ensemble celebrates its fourth year in its wooded Carmel Valley setting (east of California's Monterey Peninsula) with two operas now through June. Both are in English and are performed by seminar students and professionals.

The intimate (300-seat) theater has an in-the-round stage and seating is not reserved; tickets at the door are $8 for adults, $5 for juniors 14 or under. Performances begin at 8 (except Sundays at 2:30). The operas are Donizetti's *The Elixir of Love* on March 10, 12 (2:30), 17, 19 (2:30), 21, 24, 25, 28, 31 a April 2 (2:30), 7, 8; and Verdi's *Ri letto* on May 12, 14 (2:30), 16, 18, 2 23, 25, 28 (2:30), 30 and June 1, 3, 5.

To get there, take State Highway 1 the Carmel Valley Road exit and go e 9 miles to Hidden Valley.

Champagne touring in Guerneville

The October 1977 *Sunset* had an artic on the champagne vintners of Califo nia's Napa Valley. In nearby Sonon County you'll find the Korbel Char pagne Cellars, one of the earliest char pagne producers in the state. You c tour these massive stone cellars, built 1886, and see the traditional Frenc champagne-making process through a ing, riddling, corking, and labeling. the end there's free tasting.

Half-hour tours are given daily excep holidays, 9:45 to 3:45. Korbel is on th Russian River Road (State 116) about miles east of Guerneville (some 50 mil north of San Francisco).

For travel planners, a March check list

Swiss chalet vacations. Switzerland-bound vacationers who want to experience the country in depth might be interested in taking a private apartment in a Swiss home. Most of the homes are located in the mountainous lake region of central Switzerland between Lucerne and Interlaken. Three-week stays are scheduled from May 22 through September. You can use your apartment to participate in local activities or as a base for exploring Switzerland and central Europe. A three-week stay for two costs $570. For details, write to Idyll Ltd., Box 405, Media, Pa. 19063.

Visit the Philippines. Beginning March 19, 17-day charters on Philippine Airlines depart San Francisco for Manila. Round-trip air fare is $599; accommodation in Manila for the stay is an additional $100 to $170. You can also buy ground packages: 7 nights in Manila, 3 nights in Bangkok, 4 nights in Hong Kong from $489; 4 nights in Manila, 3 nights in Singapore, 3 nights in Bangkok, 4 nights in Hong Kong from $579. Write to SITA World Travel Inc., 2960 Wilshire Blvd., Los Angeles 90010.

Egyptian tour. There are five departures this year for 15-day tours of Egyptian antiquities and ruins accompanied by an Egyptologist. You'll see Egyptian and Islamic museums in Cairo, the pyramids at Giza, temples at Luxor and Karnak, in Thebes, Aswan and the High Dam, and Abu Simbel. You'll also have leisure time in Alexandria and Cairo. The cost is $848 with air fare additional. For details on this and outings to Guatemala, Peru, Mexico, Africa, and Italy, write to Forum Travel International, 2437 Durant Ave., Berkeley 94704.

Amazon expedition. A 39-day tour of the Amazon area in South America includes many different attractions. You will stop in Panama City and the Canal Zone on the way to San Blas Island and Quito. You'll cruise three days in the Galapagos, then sightsee in Lima and Cuzco and visit Machu Picchu. Then you'll visit the Amazon cities of Iquitos and Manaus before stays in Paramaribo and Caracas. The tour less air fare costs $2,950. See a travel agent or write to Hemphill Harris Travel, 10100 Santa Monica Blvd., Los Angeles 90067. □

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

Sunset School & Camp Directory

Camps

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★ Tennis Clinic—Beginners & Advanced Riding & Gymnastics

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For brochure write or call: **Director, Summer Programs, Santa Catalina School, Monterey, CA 93940 PH: 408/649-1432** **ACA Accredited**

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BOYS AND GIRLS, 7 to 17
On Cobb Mtn., Lake Co., Calif.

Fun of Farm, Forest, Mountain, Stream—where Pomo Indians camped. Sleep in teepee tents by stream—home of beaver, turtles, frogs, fish; **Western, English riding, tennis**, NRA riflery, archery; farm chores, building, drama, music, crafts, ecology, nature; swimming, fishing, sailing and canoeing in camp pond, stream, or lake; **Water skiing**, pack & nature trips available. Trans. TO camp incl. Spec. programs, ages 7-9, 10-11, 12-14. Leadership training program (CILT) ages 15-17.

Write Ron and Lynn Garrison, Box 985S, Auburn, CA 95603; Phone (916) 885-8856. Bay Area Rep., R. W. Brown (415) 254-5960.

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Grades 4 through 8 — Small Classes
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INDEX OF DIRECTORIES

School and Camp Directory is the first of five Directories which appear regularly in each issue of SUNSET Magazine. The other four Directories are:

TRAVEL DIRECTORY
beginning page 12

WESTERN GROCERY DIRECTORY
beginning page 174

GARDEN CENTER
beginning page 249

SHOPPING CENTER
beginning page 253

Camps

CASTILLEJA
summer camp

Six Weeks of Fun

For girls Ages 7–13 Boarding and Day. We offer three 2-week sessions starting July 10th and ending Aug. 18th of sewing, cooking, drama, tennis, swimming, dancing, art, nature study, riding & math skills.

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Headmaster: Mr. Donald R. Westmoreland
Brochure available upon request

MENDOCINO REDWOOD COUNTRY
EL RANCHO NAVARRO
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Saint Mary's College
SUMMER ATHLETIC CAMPS
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8th Consecutive Year June 18-July 30
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Sunset School & Camp Directory

Camps

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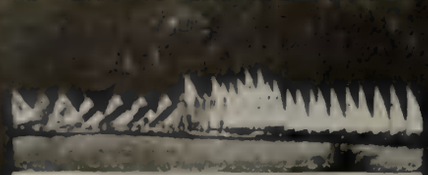

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Camps

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Camps

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Camps

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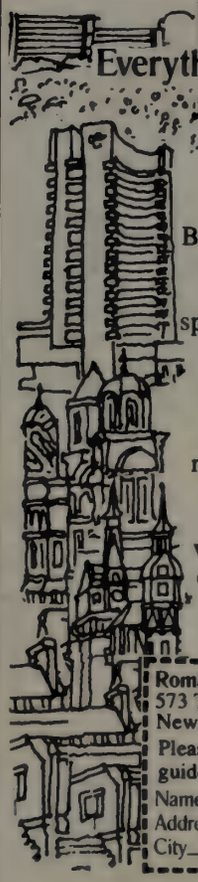

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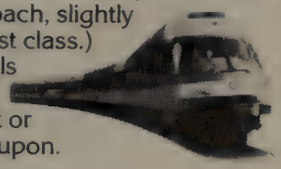

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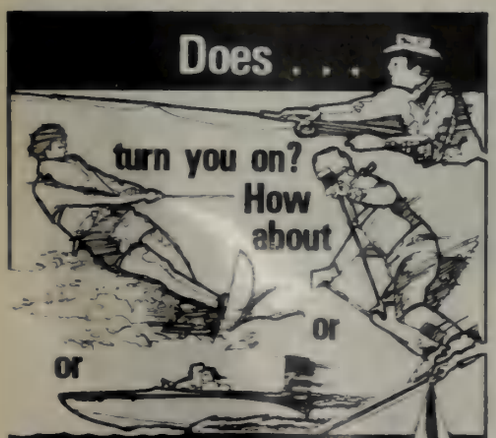

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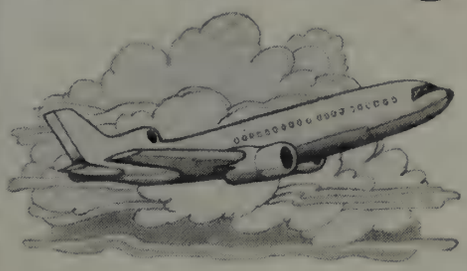

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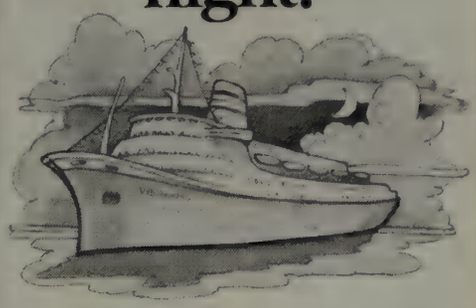

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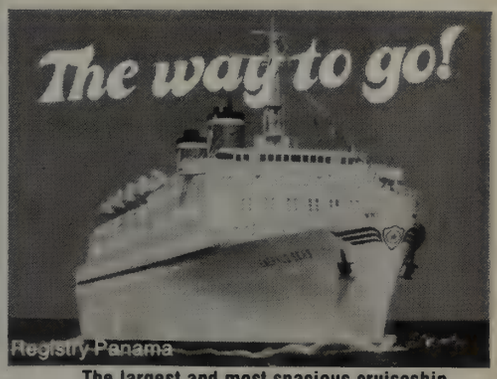

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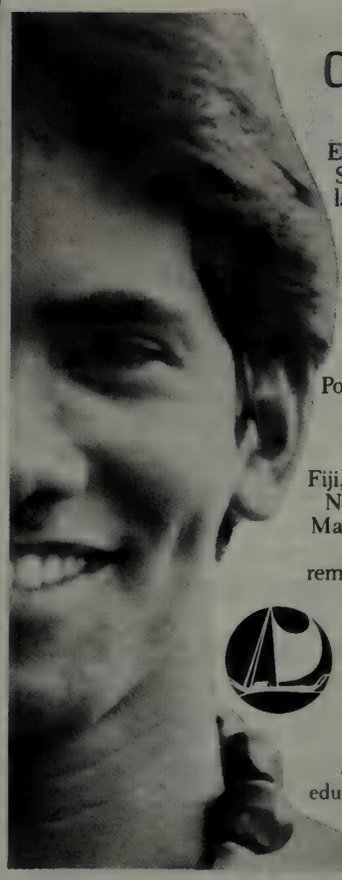

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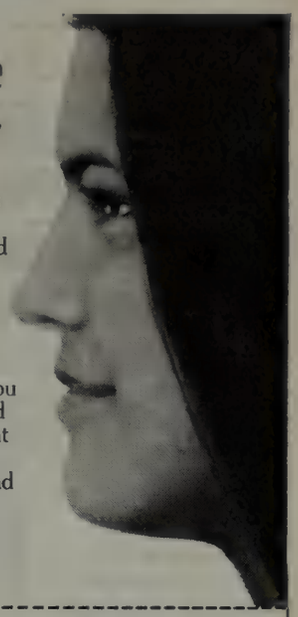

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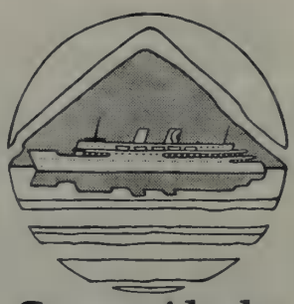

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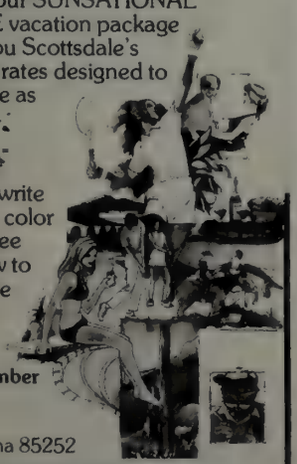

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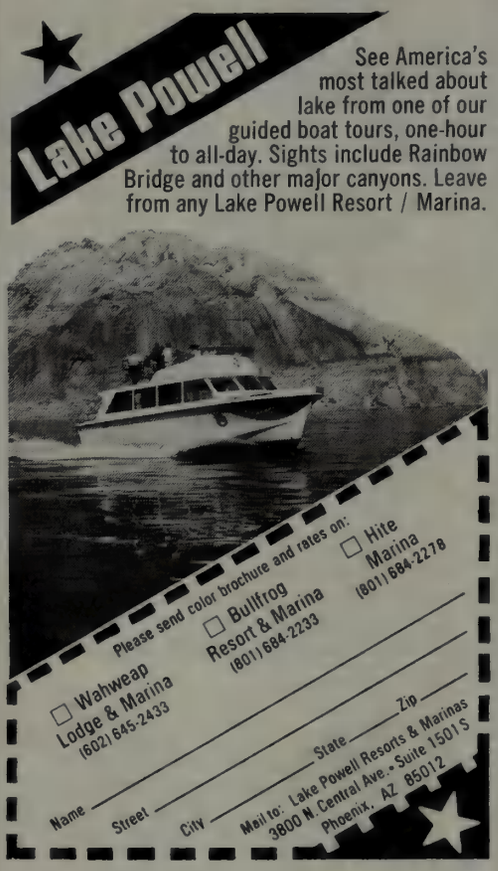

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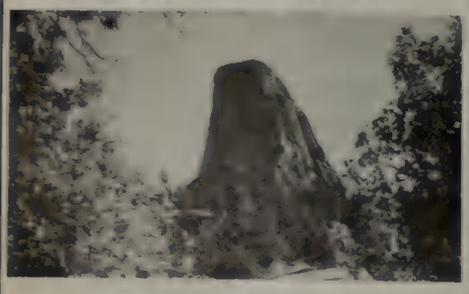

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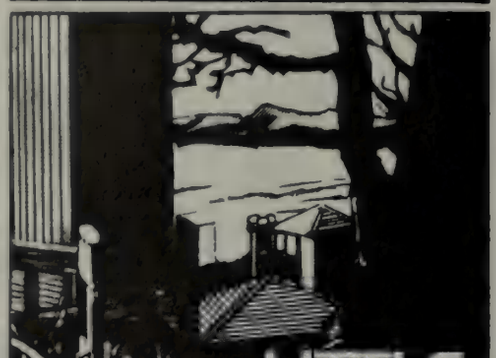

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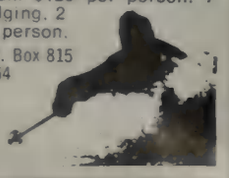

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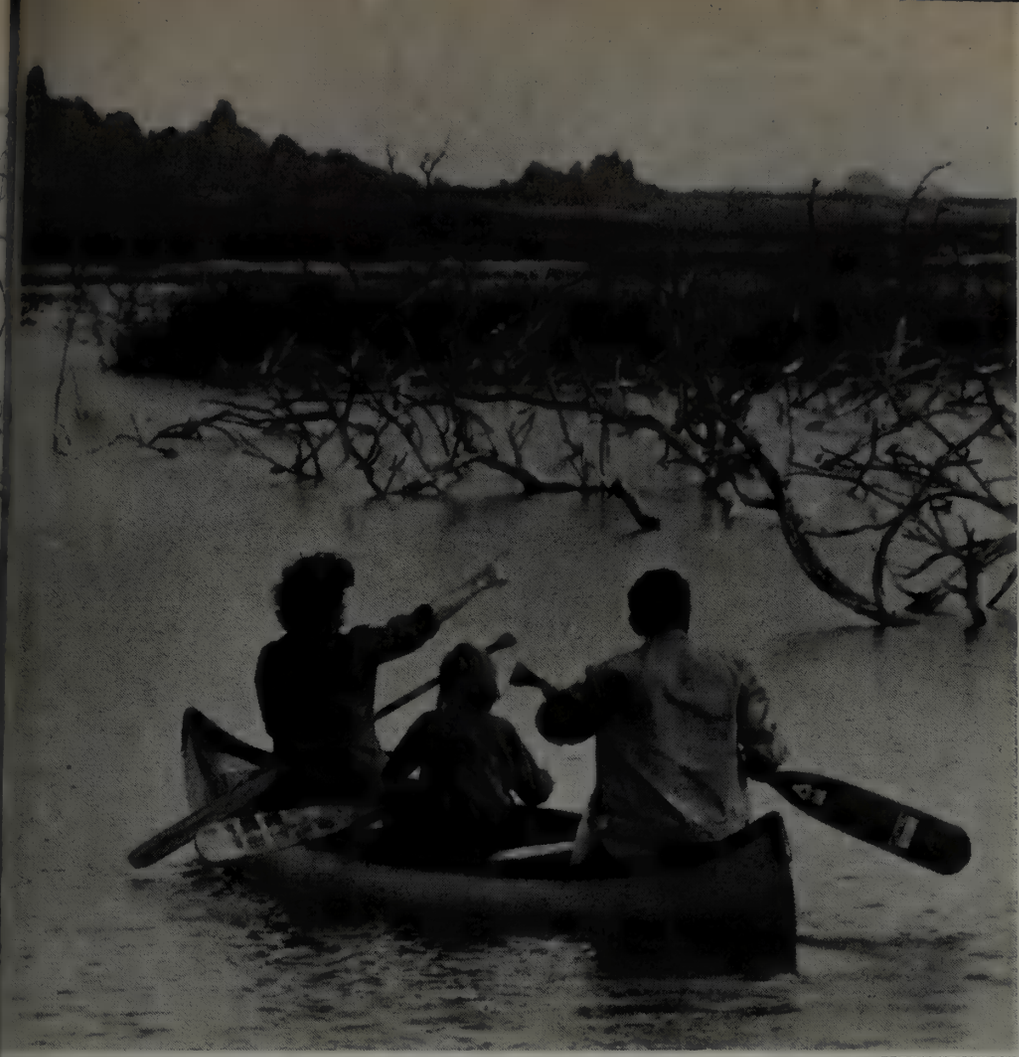

JERRY FREDRICK

Gliding quietly *down Topock Marsh's main channel from the North Dike, canoeing family scans snags for nesting birds. Peaks of The Needles serrate the skyline*

Treetop *bed of sticks is home for this double-crested cormorant*

Arizona's Topock Marsh . . . afoot, by bike, or in a rented canoe

The deep, harsh *frahnk* of the great blue heron is not the type of call most bird watchers would expect to hear in the heart of the northern Sonoran Desert. Nor would you expect to find wintering snow geese, flocks of mallards, pintails, widgeons, and canvasback ducks, and a wide variety of other shore birds.

But right now at Topock Marsh on the Arizona side of the Colorado River (just southeast of Needles), you can see many of these birds as they make their way north along the Pacific Flyway. You can see them in just an hour atop an observation platform or on a day-long canoe trip through the marsh.

Part of the Havasu National Wildlife Refuge, Topock Marsh is a prime wintering habitat for a number of migratory birds. To prevent unnecessary disturbances, sections of the marsh are closed to the public between October 1 and February 1. Since the peak of the migration usually occurs in January and February, you should still see a number of birds in early March.

One of the best ways to explore the area and study waterfowl—as well as resident rabbit, deer, muskrat, and a few beaver—is by canoe, though you can also do it by bicycle or on foot.

The most popular canoe trip starts at North Dike (off State Highway 95) and works 8 miles through the marsh to Catfish Paradise. Paddling south you'll notice expanses of mesquite and cottonwood that were drowned when the marsh was diked to create a permanent habitat. These water-surrounded snags are favorite nesting spots of double-crested cormorants and great blue herons, which build large stick nests and lay eggs there in March.

You can rent canoes for $8.50 per day from Old Western Trader, Box 130, Topock, Ariz. 86436; write for reservations. For an additional $12 they will drop up to 10 canoes at the trailhead and pick them up at your pullout point.

To drive to your birding destination, follow gravel Levee Road south from the inlet canal along the east bank of the river 5 miles to Topock Farm. From the observation platform there you can often see snow geese and other wildlife feeding in a field planted especially for visiting birds.

Hikers and careful bicyclists can find the greatest variety of birds and animals on South Dike—a 4-mile-long gravel service road closed to motor vehicles. You enter it from Levee Road about 2 miles south of Topock Farm, or from State 95.

Fishing for crappie, large-mouth bass, and channel catfish is excellent; crappie is best in winter, the bass and catfish in spring and summer.

Catfish Paradise and Five Mile Landing on the marsh both have campgrounds and small stores that sell tackle and the required stamps for Arizona and California fishing licenses. Camping and other services are also available at Golden Shores Marina and Park Moabi, both on the Colorado River.

Weather in March is variable. Take along a hat and sunglasses for the sun, a jacket in case it gets cold. Don't forget life jackets, drinking water, a lunch, and binoculars.

For more information on canoeing or wildlife in Topock Marsh, write to Havasu National Wildlife Refuge, Box A, Needles, Calif. 92363; or stop by the refuge office at 1406 Bailey in Needles between 8 and 4:30 weekdays. □

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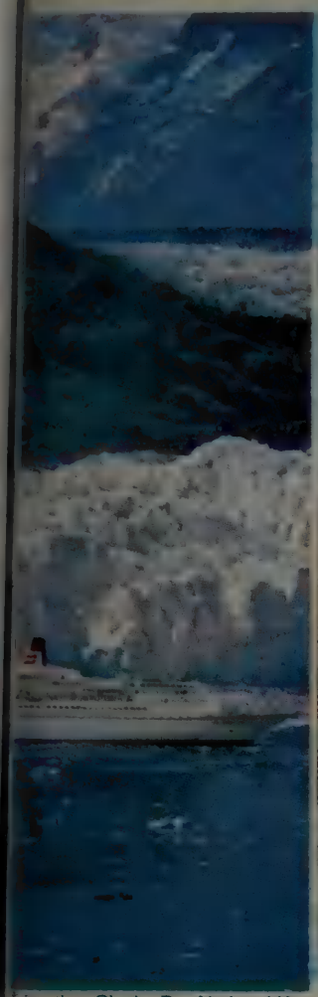
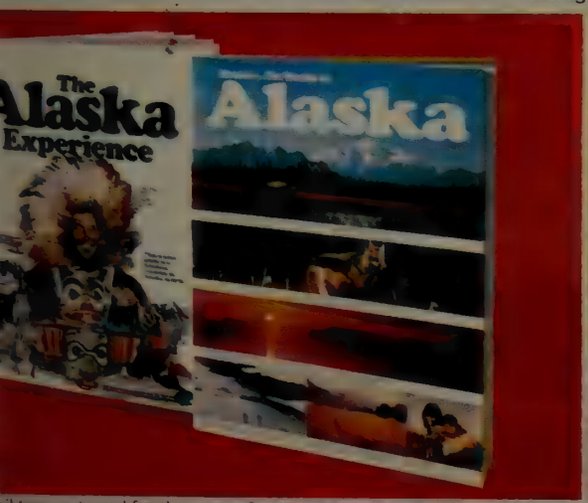


ising thru Glacier Bay National Monument; visitors dogsledding in Far North.

Cosmopolitan amenities, from dining to lodging, abound in Alaska.

Dance troupe in Sitka typifies Alaska's unique Russian heritage.

e Matanuska Glacier, about a hundred miles northwest of Anchorage. Scenic spectaculars are around every corner of Alaska's 586,412 square miles.



il tear-out card for these two free travel planning books.

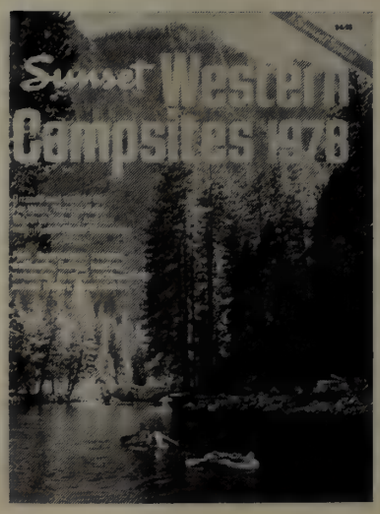
Encountering Alaskan wildlife is a thrill for visitors. Here, red fox with pups.

Athabasca Glacier *flows between spectacular peaks along the Banff-Jasper Highway in Alberta, Canada—a province now included in the directory*

R. WENKA

"Hearty stews *in just one pot" is one of the articles describing easy-to-prepare camp meals—this one for river-runners*

Where to camp: Baja to Alaska, California to the Rockies. There's planning help for 1978



MARYLEE MACDONALD

Hikers *at left, exploring the Alabama Hills on the east side of the Sierra, might stay in this nearby campground:*

Whitney Portal, Inyo NF. 13 mi W Lone Pine on Co Rd 15SO2 (Whitney Portal Rd). (8300'/Forest) 5/15 to 10/15. Res: not accptd. Spaces: 39 tent/5 RV. Min fee: $3; 7-day limit. RV to 22'. Flush toilets. Store 1 mi. Fishing, Lone Pine Creek. Trailhead: Mt. Whitney

This is only one listing of more than 9,000 in the new campsite directory

Should the arrival of spring bring on an urge to head outdoors, there's some new help for planning a trip. It's the 17th edition of *Sunset's Western Campsites*. In addition to listing and describing campgrounds and trailer parks from Alaska to Baja California, the new edition also covers Colorado, Montana, New Mexico, Wyoming, western Mexico and Alberta, Canada.

You'll find over 9,000 campsite listings (see sample above) answering questions like: Are reservations accepted? What are the site fees? How far is the nearest store? Is there any shade? What is the terrain like?

Each campsite is pinpointed on a map of the state or province. Preceding the state or province campground listings are short articles suggesting what to see and do. You'll also find articles on camp meals, canoeing, the eastern Sierra Nevada, and helpful charts on fishing and hunting fees and mileage between major destinations.

The 416-page directory is now on sale at newsstands and in sporting goods stores for $4.95. □

Someone told her you may put off coming to the Orient for another year.

"Maybe next year we'll go to the ent." How many years has it been ce you first said that?

And every year since, it's been same old story. Next year, never year.

Kyoto's Golden Pavilion will still there next year, of course. Hong ng's harbor will still swarm with npans and the sun will still rise over ngkok's gilded temples.

But there's an old Japanese proverb which says, "Time flies like an arrow." Another suggests, "The day you decide to do a thing is the best day to do it."

This year, before you decide to wait until next year, ask your travel agent about JAL's Happi Holidays tours or send us this coupon.

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Preparing for a long flight

A long flight (up to 18 hours on some trans-Pacific routes) can be a tedious period of confinement or a pleasant preamble to your holiday. Here are some suggestions on how to make those airborne hours as enjoyable as possible.

Choosing a flight. Discuss routes and flight itineraries with your travel agent. (Frequently the nationally owned or operated airline of the country you plan to visit will have preferential routes and arrival times.) Nonstop service may not be available on a very long flight (the aircraft will have to refuel at some point), but some air routes are more direct than others. Some long-flight passengers welcome the interruption of interim stops; others find middle-of-the-night immigration formalities at a deserted airport bothersome.

Arrival time is an important consideration for most international air travelers, but there is little agreement on the most convenient hour. Many prefer a late-morning or midday arrival when customs and immigration offices are more fully staffed, a better selection of currency exchange banks and airport shops are open, and airport bus and limousine services operate more frequently. Others prefer a late-evening arrival that allows them to go directly to their hotel for a good night's rest.

Selecting a seat. Early arrival at your flight's check-in counter should allow you a greater choice of seats. In addition to smoking and nonsmoking sections on the aircraft, some international carriers offer a choice of inflight entertainment in different sections of the cabin or special seating if you do not want to watch a movie.

On heavily booked flights, two or three-abreast seats may insure a more peaceful flight than the sociability of longer seat rows (up to six or eight abreast). If your selection is limited to the longer rows, a seat at either end will give you the most freedom of movement.

On flights only partially filled, try to get a seat in an empty row; then you can fold up as many seat arms as you need to stretch out for a nap.

On some aircraft, the seats opposite a hatch or emergency exit and the first row of seats behind a bulkhead may offer slightly more leg room. However, they may lack the convenience of a fold-down tray on the seat in front of you

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So, before you do, a little preparation is in order.

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Features like front-wheel drive, tandem rear wheels, and self-leveling air suspension. Mere words can't do such things justice.

But before you take the wheel, we'd like you to read our booklet, "The Pleasures and Delights of the GMC Motorhome." It has answers to a number of fundamental

questions you're bound to have about owning a Motorhome. Such as, what's it like to drive? To have serviced? To store? To live in?

And, of course, there's specific information on the GMC itself. Why it's designed and built the way it is. Why it's such a versatile tool for work or play, and so on.

All in all, it's what we hope is an enlightening introduction to a pretty big subject. The booklet won't take long to read. You'll find it as entertaining as it is educational. Best of all, it's free. Why not mail the coupon below now —while you're thinking about it?

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or storage space beneath that seat.

Clothing. Dress casually. Avoid ti fitting clothes, neckties, belts—anyth that could make you uncomfortal Loose-fitting caftans, jumpsuits, coveralls can be as comfortable as old bathrobe without compromis stylishness. Or you can carry your flight clothes aboard in a lightwei garment bag, change after takeoff, t change back into your still-fresh str clothes before landing.

Street shoes can become uncomforta on a long flight. Take advantage of soft slippers provided by some inter tional carriers or take along a pair heavy socks for padding about cabin's carpeted interior.

Remember too that cabin temperatu on high-flying aircraft can be on chilly side (particularly when you're ing to take a nap). You can ask an tendant for a blanket or lap rug, but may prefer to take along a sweater your flight bag.

The flight bag. A thoughtfully assemb carry-on case or flight bag can be a ul ful travel aid. Many international c riers give bags away to first-class pass gers; economy-class passengers can b them beforehand for about $5.

Keep a few cosmetic items (toothbru toothpaste, mouthwash, for examp within easy reach in your bag. Tuck that special book (preferably a pap back) you've wanted to read, a diary journal, postcards or a small box of s tionery, or a travel guide to your h day destination. There's often e room for some small handcraft proj like knitting, embroidery, macramé, needlepoint.

Before landing in a foreign count you'll have to list your passport numb and date of issue, flight number, a special visa information on immigrati or arrival cards. The outside pocket o flight bag is a handy place to carry t travel documents you may need to c sult inflight, relieving the stress on c pockets and purses. And leave so room for souvenirs or small purchas you may make in transit.

Eating and exercise. On most long flig the attendants will ply you with fo and drink. But as you change time zon and sometimes dates, the normal quence of meals becomes confused. try not to overeat; attendants will n be offended if you occasionally refu one of their offerings.

If the cabin is relatively uncrowde take a walk down the aisle. Even crowded flights you can do isometri type exercises without leaving your se or disturbing seatmates. Some airlin broadcast a recorded program of se exercises; others provide illustrated br chures on how to exercise in your seat.

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For the adventure of a lifetime (54 days), sail from Los Angeles, Oct. 7. If time is short, 29-day and 25-day fly/cruise programs are available. Call a travel agent now for details. But make sure you book early. Princess Cruises fill up fast.

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NORMAN A. PL

Sweet, round, *raisin-filled soda bread is a specialty at three Irish bakeries*

Irish bakeries, Irish imports

Woolens, crystal, books, and records a among the rewards of shopping at Irish import store.

You can find such shops in many metr politan areas in the West, and often smaller centers as well. But shopping f things Irish is especially rewarding San Francisco, where the city's sizab Irish population supports four impo shops and three bakeries selling the Iri staple, soda bread.

Irish import shops

House of Ireland, 238 O'Farrell Street. Small but packed store with woolens, foodstuffs, coat of arms lists. Hours: 9 to 5:30 Monday through Saturday.

Irish Castle, 537 Geary Boulevard. Sweaters, woolen clothing, records, current Irish newspapers. Hours: 8:30 to 5:30 daily

Irish Imports, 3157 Geary Boulevard. Fisherman knit sweaters, books, Irish cakes and jams. (Owner is a Gaelic football playe and will gladly tell you about the sport.) Hours: 10 to 7 daily except Sunday.

The Kilkenny Shop, Ghirardelli Square. Galway and Simon Pearce crystal, hand knits, jewelry, woolens, pottery. Hours: 10 to 6 Monday through Thursday, 10 to 9 Friday and Saturday, 11 to 6 Sunday.

Soda bread bakeries

All three bakeries are closed Mondays.

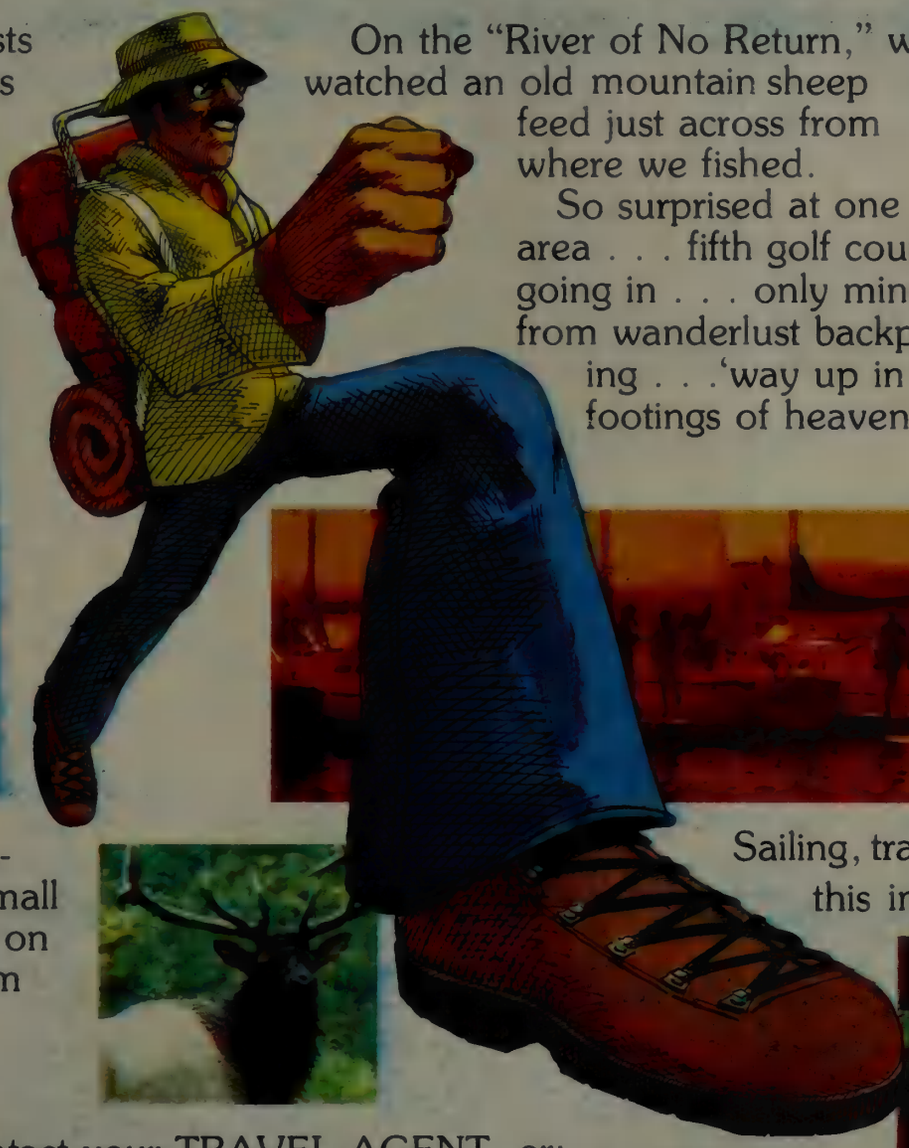
Baronial Baker, 1033 Taraval Street. Soda bread baked daily until 8 A.M. in 1 and 2-pound loaves.

Roberts Bake Shop, 15th and Irving streets. Soda bread baked daily until 3 P.M. in 1½-pound loaves, also tea cakes and baking soda biscuits; sit-down coffee area.

Star Bakery, 1701 Church Street. Soda bread baked daily until 11 A.M., also Irish coffee cake and scones; sit-down coffee area.

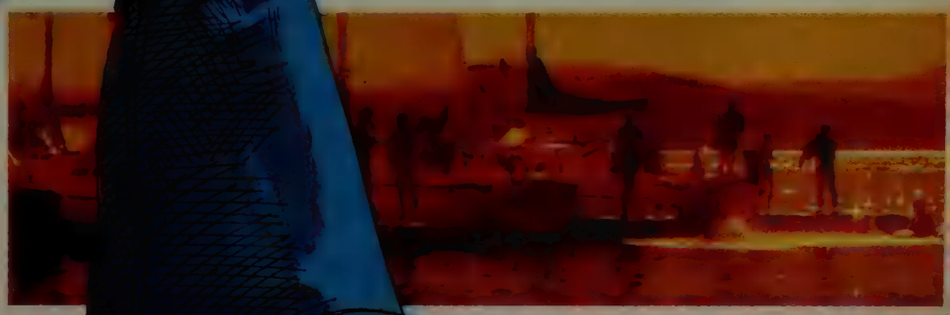
Peaceful grandeur spiced with Hell-roaring fun.

What a land of contrasts
our largest wilderness
ed by nice accom-
ations, hell-roaring
e rapids, most
eful waters.



On the "River of No Return," we watched an old mountain sheep feed just across from where we fished.

So surprised at one area . . . fifth golf course going in . . . only minutes from wanderlust backpacking . . .'way up in the footings of heaven.



The uncountable lakes-
. big and handy or small
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nch but they have 'em
"dudes" too.

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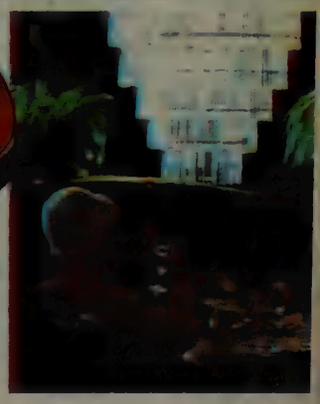
this incredible Idaho.



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Hypothermia...an what you can do

Contrary to popular belief, hypothern is not just freezing to death in the sno Simply, it is when the body's tempe ture is lowered below the normal 98.6 resulting in shivering, loss of judgme and coordination—eventually death— you can't warm up again. Any cold, w weather can cause it.

It isn't exotic. It can affect you on rainy-day hike, a long bike ride in a ch wind, or even bird watching in a dan marsh. And in many regions of the We such conditions can occur year round- in fact, most cases occur on rainy da when air temperatures are a relative warm 30° to 50°. The Pacific Northwe has especially good weather for hyp thermia.

You may already have felt its early e fects. Uncontrolled shivering happe when body temperature drops just 2°. drop of 10° can turn you into a stur bling, irrational victim badly in need immediate help.

Keeping warm. The best defense again hypothermia is to keep dry. Most clot ing loses its insulation value when we and in a breeze wet garments can dra more heat away from your body than n clothing at all.

Wind can increase body heat loss eve when you're dry. Although it may b 40° out, if the wind is blowing at 3 mph the chill factor will have the sam effect as if it were 13° on a calm day.

Dress appropriately for existing cond tions. Watch the weather and fin shelter (or put on rain gear) before yo get wet. In rainy country wear wool, a it retains a good portion of its insulatin ability even when wet. Carrying a kni wool hat and mittens is good insurance Even a chance of rain is reason to throv a poncho into your day pack.

Recognizing symptoms. Hypothermia' real danger is one of its earliest symp toms: a decreasing awareness of what i happening around you. You may not b alert enough to quickly recognize othe early warning signs in yourself or you companions.

These signs include fumbling (or numb hands and feet, a clumsy walk, slow o slurred speech, signs of exhaustion, ir rational behavior, and uncontrollabl shivering. At this point continued expo sure could be extremely dangerous, ever though obviously shivering individual may insist that they are just a little cold and can keep on going.

Judgment is very important. If you are far from your destination and have a

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re our breathtaking scenery, our most beautiful Lake in the World, crisp, clear, clean air. he summer share our wooded trails and tennis courts and golf courses and beaches. d in the winter share our famous ski slopes. And all year 'round share our special Nevada e fun. Incline at Crystal Bay, Lake Tahoe . . . a special kind of place, especially for you.

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See your travel agent soon. He'll be happy to take your reservations.

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THE CARIBBEAN'S MOST POPULAR TWO WEEK CRUISES

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tent or good shelter nearby, stop a warm up—even if it means a night the trail. If you must continue walkir be sure you are as protected as yo clothing will permit, then munch candy, sugar, or trail snacks to provi extra energy for your body's "furnac

Treatment. As soon as you can find set up shelter, treat the seriously affect first. Remove victim's wet clothing a provide a dry change (or a dry sleepi bag). Warm drinks (no alcoholic be erages) and, if possible, a fire help war the spirit as well as the body.

In severe cases where a person is inc herent or semiconscious, skin-to-ski contact is the quickest way to warm u If possible place the victim and a health companion, both unclothed, in a slee ing bag. It is important to keep the vi tim awake until completely rewarmed.

This kit could save your life. The be prevention against hypothermia is to b prepared for any situation. On ever hiking outing carry a small, homemad kit that costs less than 50 cents to as semble and could save a life if you'r lost or caught in bad weather.

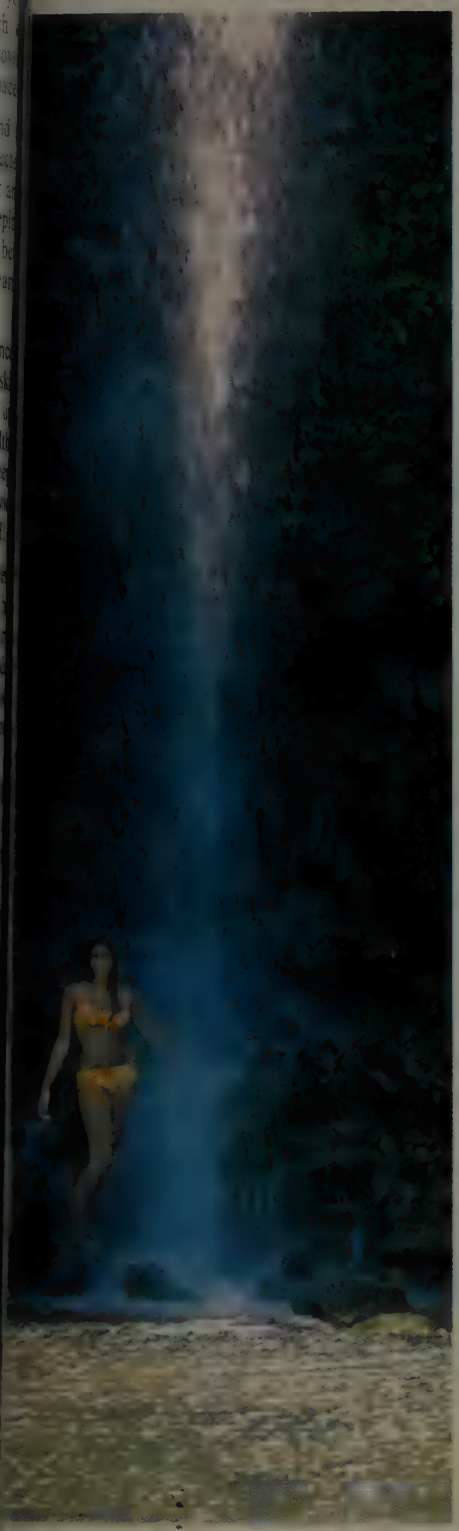
Basic ingredients are: a small can (suc as cocktail almonds come in) with plastic lid, two tight-folded 30-gallo plastic garbage bags, a 2-inch-long can dle stub (already lit once), a small bo of waterproof strike-anywhere matches two tea bags or bouillon cubes (no cof fee), six to twelve sugar cubes individu ally wrapped in plastic, and about 3 fee of electrician's tape.

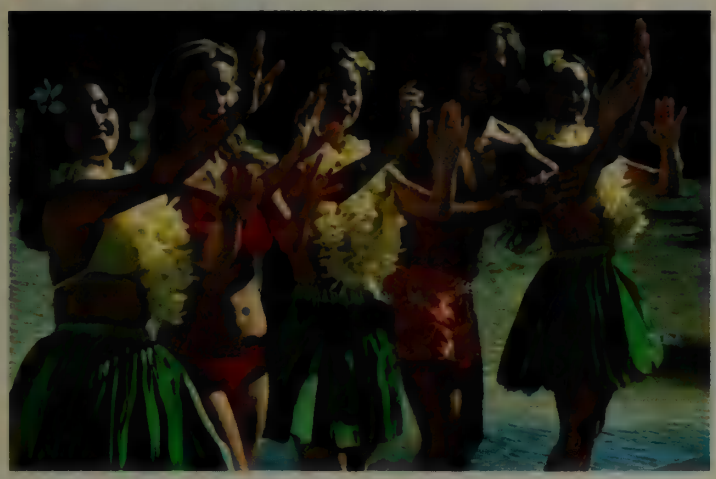
Everything fits in the can, which double as a teapot and drinking cup. The candl is used to start a fire, not for light, s you can be frugal with the matches. Garbage bags make a passable poncho or overnight shelter if you're lost—cut a small hole in the top of one for your face but try to have it cover the top of your head; sit down and pull the other bag over your feet and legs and tuck the ends into your belt or pockets. The sugar cubes can help generate body heat; tea gives a little boost to hot water from your nut can. The tape seals the can's top; it can be used to patch your garbage bag poncho, secure shelters, or for bandages.

Optional additions to this kit could include an emergency heat reflective plastic sheet (under $2), several small bandages, two packets of salt, a plastic whistle. The shiny bottom of your can is a good signal mirror. And it's always a good idea to carry a knife, flashlight, compass, and detailed map of the area you're hiking in.

Mountain Rescue of Seattle and Safeco Insurance have printed an informative brochure on hypothermia. For copies, write to Safeco Insurance Companies, Safeco Plaza, Seattle 98105. • □

Hawaii. Get away to it all.





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Seats up to 15! Super Wagon seats up to 15 with 3 optional bench seats. Standard Wagon seats 5, with seating for 8 or 12 optional—plus more cargo space for gear and goods than most station wagons! Can tow 8,000 lbs.! **Roomy design** for plenty of move-around space up front. Even a Captain's Chair option!

New tilt steering wheel option makes driving extra easy, getting in and out a breeze. Engine choice: 4.9L (300 CID), 5.8L (351 CID) or 7.5L (460 CID).

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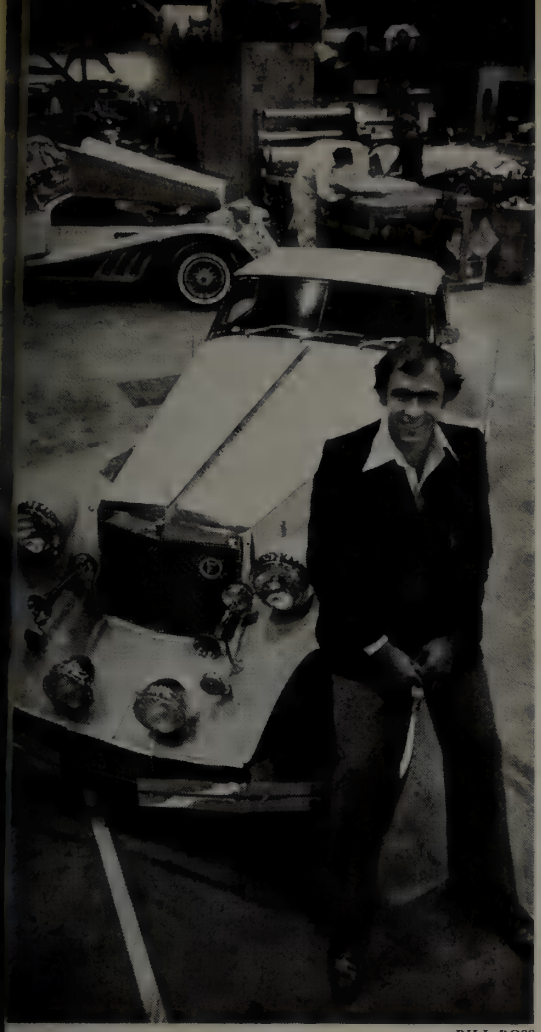
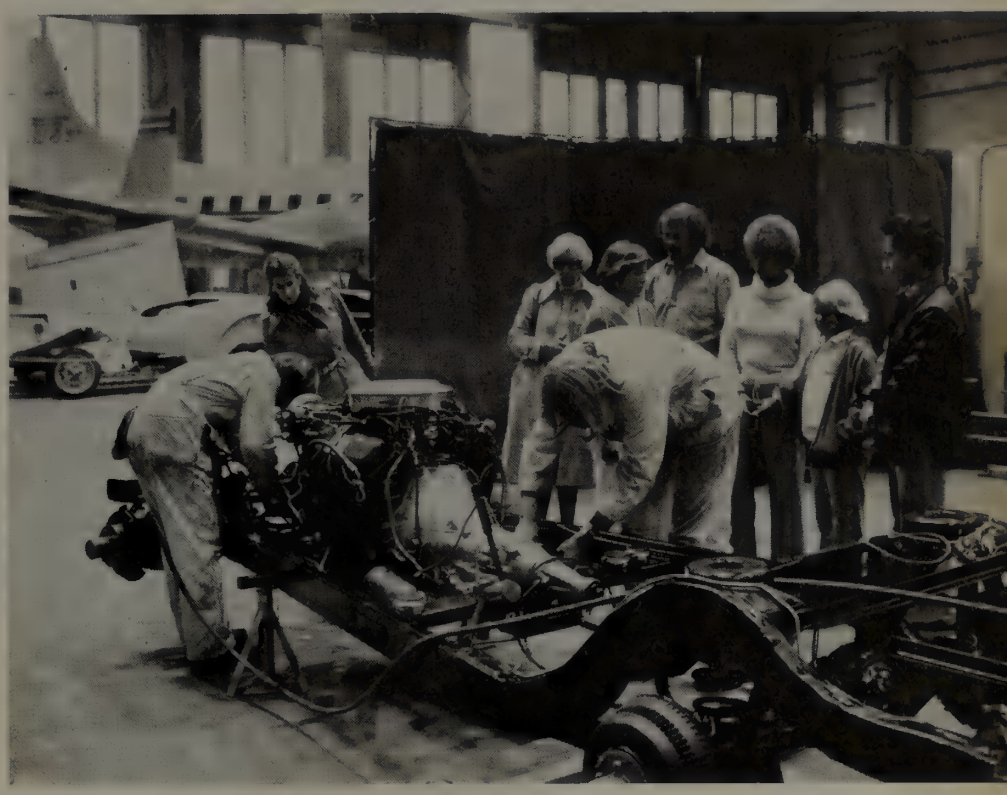


BILL ROSS

Underpinnings *of custom roadster are a standard motor and chassis, as explained on coachworks tour. Pilot-training plane shares the hangar. At left, designer Clenet with his 16-foot modern classic*



Watching them hand-make roadsters in Santa Barbara

·avernous airplane hangar just north Santa Barbara is an unexpected spot find the 1930s tradition of custom omobile craftsmanship alive and well. t this is exactly where French auto igner Alain Jean-Marie Clenet has up shop to produce his elegant orig- l roadster for latter-day Gatsbys.

enet's staff of 50 boasts many artists d craftsmen—as far from assembly- e technicians as Santa Barbara is from Detroit. You can watch them at work on 45-minute tours given Tuesdays and Thursdays; telephone (805) 967-1214 at least a day ahead to arrange a visit.

Clenet came to this country a decade ago and worked for both American and Japanese automobile manufacturers. Frustrated by the committee design process, he set out to produce a vehicle that would recapture the golden age of motoring. "Modern replicas of old cars can be insults to the originals," he feels.

In 1974 he built the prototype in his garage, and now turns out the two-passenger convertible at a rate of five per month; production is sold out for months ahead. The price tag reads $40,000, and on a tour you'll see what that buys; a V-8 engine (under warranty) and chassis from a 1978 American luxury car, an all-steel body and hand-laid fiberglass fenders, hand-sewn leather upholstery, mahogany and teak woodwork, lamb's wool carpeting, and the owner's choice of color scheme.

Finishing touches include a plaque on the door jamb with signatures of the craftsmen, and another plaque outside bearing the number of each car. Only 250 will be made, then Clenet will switch over to a $65,000 limited-edition four-passenger model.

The Clenet Coachworks are 8 miles north of downtown Santa Barbara. Exit from U.S. Highway 101 at Fairview Avenue and go toward the ocean. Just after crossing Hollister Avenue, turn right into an unmarked drive leading to parking for three attached hangars; Clenet is in the middle one. □

Number *engraved in door plaque says this car is 43rd of only 250 to be made. Owner's initials are a finishing touch*

Starry flounder *was taken in about 12 feet of water near pier's end. Jackets keep out the chilly bay winds*

Straight as a string, *pedestrian-only pier extends 1,225 feet out into bay, then ends in T-shape*

A box with feet? *Eight two-man shelters are scattered along pier*

Long new pier at Point Pinole gets you out where the salmon and striped bass are

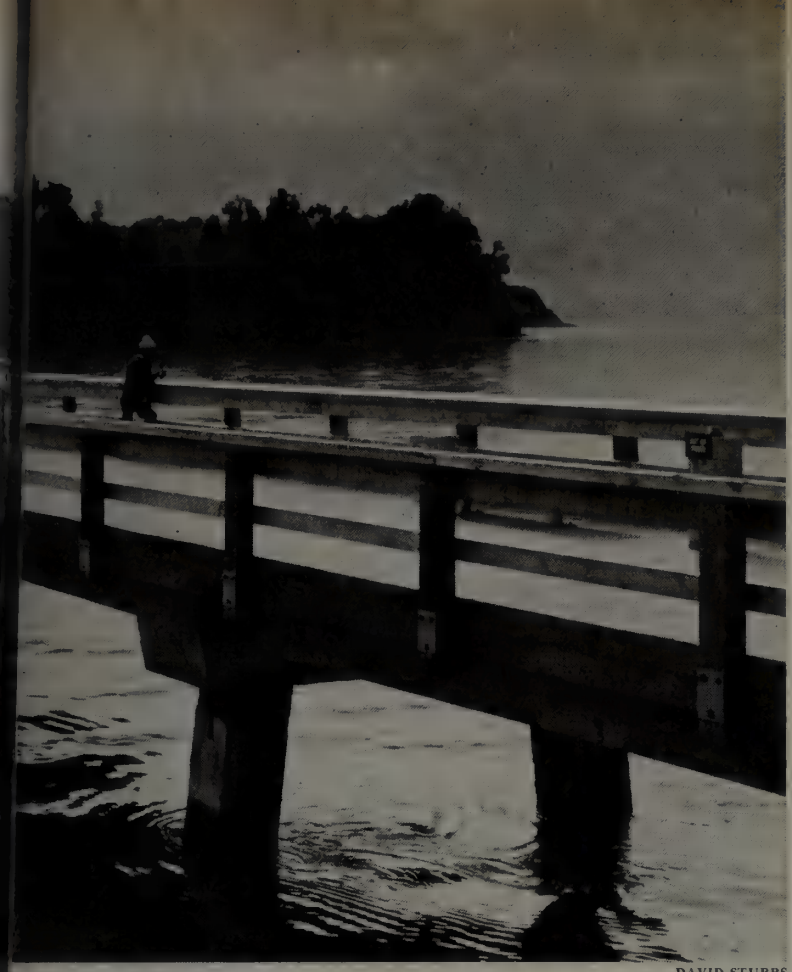
Jutting out almost a quarter mile into the rich fishing waters of San Pablo Bay, a new pier is now open at the 2,147-acre Point Pinole Regional Shoreline park in the East Bay. If you're a fisherman, the T-shaped, concrete-and-cedar pier will let you drop a line in the migration routes of striped bass and salmon. For walkers and bicyclists the pier is a new destination in a park made for wandering, beachcombing, and birdwatching.

Stripers should provide a lot of angling action this month as these big sea-going bass begin their spring migration. We visited the pier in late January and saw a 10-pound striper hooked with a pile worm as bait. Other catches included several flounder, a plethora of perches, and reportedly a big sturgeon.

Best fishing seems to be early or late in the day, or as the tide changes (the pier is open every day from 7 A.M. until sundown). You don't need a fishing license on a public saltwater pier and there are no pier or park fees. Because Point Pinole is a "wilderness park" there are no bait shops or snack stands and fishermen (or walkers) should bring lunch, bait and any other supplies. You'll find drinking water, picnic tables, and chemical toilets on shore near the pier.

Point Pinole is just northwest of San Pablo and Richmond. From Interstate 80 take Hilltop Drive west. Turn right on San Pablo Avenue, left on Atlas Road, then left on Giant Highway: Go south ¼ mile to the Regional Shoreline parking lot.

It's a 1½-mile walk to the pier, or take



DAVID STUBBS

Dense eucalyptus *groves flank equestrian/hiking trails. Trees were planted in early 1900s around munitions bunkers*

Free tram *will take you from bus stop at car parking lot down to the pier. It runs every day between 7* A.M. *and 5* P.M.

Marshes *mottling the shoreline promise good birdwatching this month*

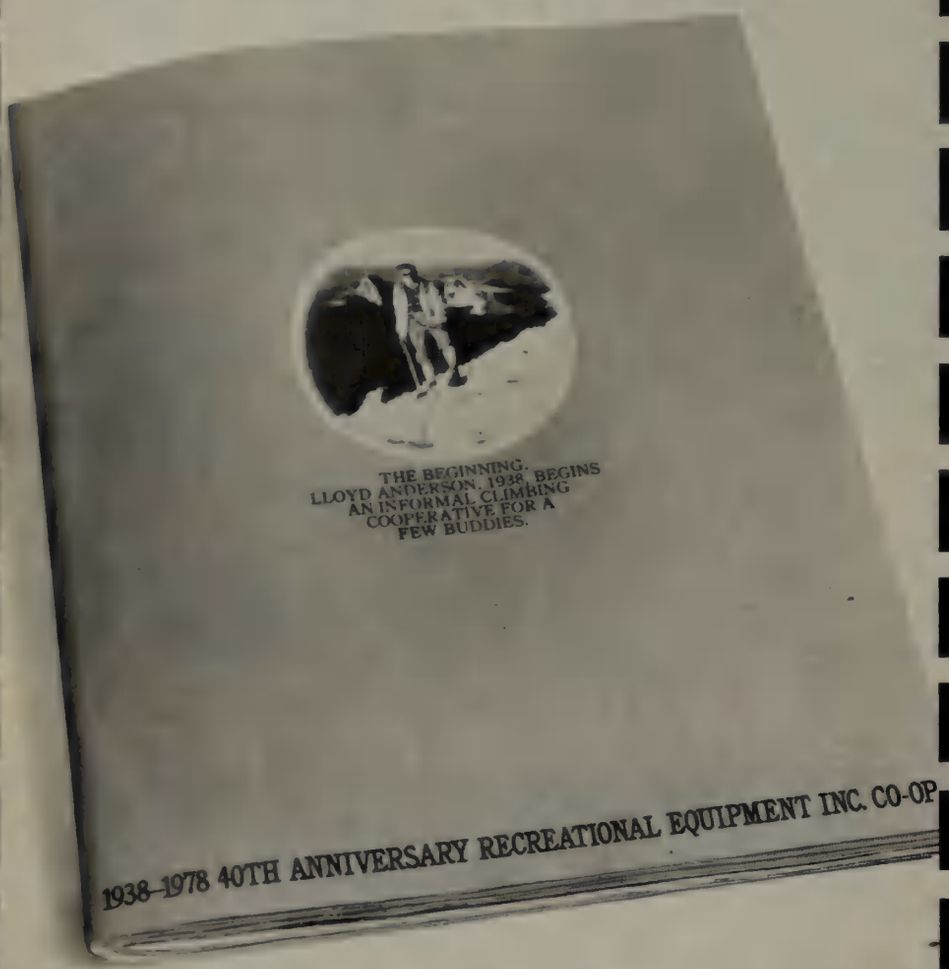
AC Transit *buses link park to BART every day except Sunday*

a free park shuttle bus (operating every 15 minutes from 7 to 5 daily).

The pier is still too new (it opened in December) to have developed its own fishing lore, but old-timers who have been boat-fishing these waters suggest a medium-weight boat road with a star drag reel accommodating 200 yards of 15 to 20-pound test monofilament line. Use size 4/0 snelled hooks, rigged on a 3-foot-long monofilament leader (40 to 50-pound test), fitted with brass swivels and snaps, and weighted with a 4 to 8-ounce lead sinker of the pyramid type. Cut sardine fillets (fresh or frozen) are the traditional bait, threaded onto the hook with the skin side turned in against the shank.

From 1881 to about 1960 the parkland was used for the storage of explosives. Eucalyptus forests were planted in the early 1900s to help dissipate the effects of any accidental explosions. Pilings of the old dynamite-loading pier (preserved to enhance the fishing) can still be seen just north of the new pier. □

THE CATALOG IT TOOK 40 YEARS TO MAKE. FREE.



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JACK MC DOWE

Point Arena's *108-year-old lighthouse will open for tours this month*

Open house at two lighthouses... show at Treasure Island

The sentinels of the northern California coast, its lighthouses, are close to the end of an era: All but the one at Point Bonita are now automated.

A celebration—Coast Guard Appreciation Day, March 10—kicks off the start of a museum display at Treasure Island in the Bay and the special opening this month of two old light stations to visitors: Point Arena near Mendocino and Pigeon Point near Half Moon Bay.

Exhibit at Treasure Island. Called Lighthouse Lore, the show brings together both original art done just for the exhibit and equipment from the stations themselves. Archive photographs, original light station plans, and displays tell the story of early coastal protection.

You'll see such equipment as an old signal light, a Lyle (line-throwing) gun, and a complicated French Fresnel lens that was once housed atop the Mile Rock station at the mouth of San Francisco Bay. There will also be some 20 paintings and drawings of California lighthouses by contemporary artists.

The show will be open from March 10 to 31 in the Navy / Marine Corps Museum of Treasure Island. This art deco structure, built for the 1939 Golden Gate International Exposition, was once intended to be an airport terminal;

(Continued on page 60)

DASHER OUTCLASSES MERCEDES 280E AND ROLLS-ROYCE IN SURPRISING WAYS.

Imagine a Volkswagen limousine. Got it? Good!

You have now grasped the concept of the VW Dasher.

The Dasher Sedans are our most sumptuous cars; they outclass some very classy machines in some very surprising ways.

If you own a Mercedes-Benz 280E, you will be depressed to discover that the Dasher 2-door Sedan with standard transmission not only goes from 0 to 50 miles per hour quicker than the Mercedes,* but carries more in its trunk.

If you're about to spring for a Rolls-Royce, hold the phone. The Dasher holds more in its trunk than the Rolls, too.

Fine as they may be, neither the Mercedes nor the Rolls has front-wheel drive. The Dasher does, and it makes all the difference in poor driving conditions.

The Mercedes, the Rolls and the Dasher do have their similarities.

All 3 have dignified interiors, with handsome, thoughtful appointments like reclining bucket seats, remote control outside mirrors and quartz electric clocks.

But finally, there are two particularly impressive dissimilarities. For one, Dasher costs about $10,000 less than the Mercedes, and about $39,000 less than the Rolls. Then of course, only the Dasher has a VW right there up front. *with automatic transmission

VOLKSWAGEN DOES IT AGAIN

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SEE WHAT'S BLOOMING

Although our Orchid Isle sometimes looks like an endless field of exotic flowers, no place on earth can quite compare for things to see and do.

Nothing beats the Big Island for "no wait" tennis facilities. It's like having your own courts by the sea or in tropic garden settings. Lots of golf, too—along the slopes of a volcano or snuggled up against a quiet coastline.

As if being Hawaii's "Big Island" isn't enough, this southernmost piece of the U.S. is also the world's largest producer of orchids, has the nation's largest privately-owned cattle ranch, is home to the only coffee industry in the U.S. and

is the state's largest producer of macadamia nuts, avocados, sugar, beef, anthuriums and Hawaiian Christmas trees. Most of these products you will find in and around the sprawling old-fashioned city of Hilo, the second largest city in the State.

He rides the range in Kohala's rolling upcountry. He tends some 70,000 head of cattle on 350,000 acres along the northwestern slopes of a volcano. He is Hawaii-born, Big Island-bred. He is the original Hawaiian Cowboy. The Paniolo. Today, there are dozens of Paniolos ridin' 'n ropin' on the sprawling Parker Ranch, the largest privately owned cattle ranch in the U.S. They are a unique part of Hawaiian history and proof that the old Wild West goes beyond the Texas plains and the days of covered wagons.

This may come as a surprise, but yes, there is snow in Hawaii! On the slopes of the 13,796 foot Mauna Kea volcano, skiiers schuss to their hearts' content, usually December through May.

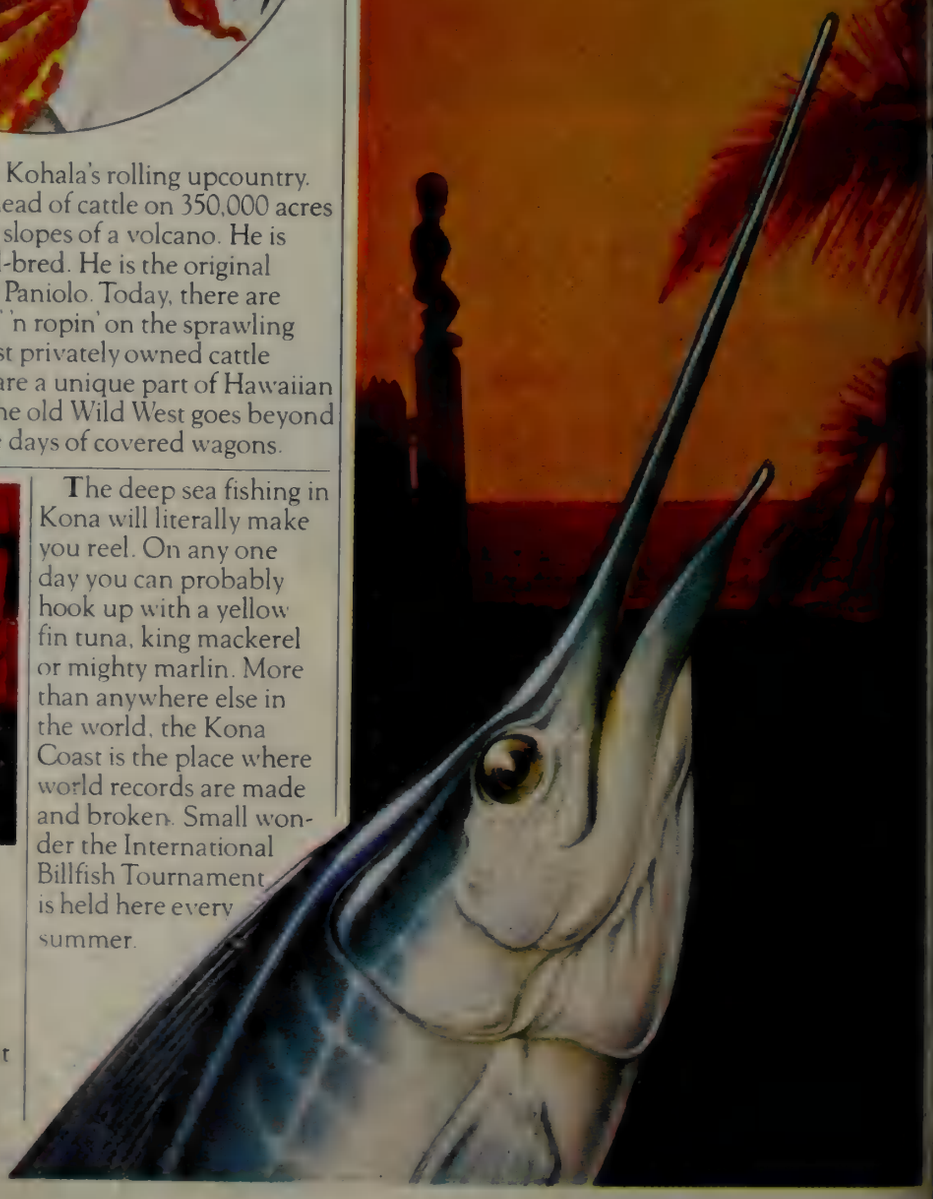
When the sun goes down, the resorts and major restaurants in Hilo and Kona are just beginning to light up. Take your choice of Hawaiian entertainment from authentic luau feasts to foot-stomping disco music nightly.

The deep sea fishing in Kona will literally make you reel. On any one day you can probably hook up with a yellow fin tuna, king mackerel or mighty marlin. More than anywhere else in the world, the Kona Coast is the place where world records are made and broken. Small wonder the International Billfish Tournament is held here every summer.

Bounded by water on 3 sides and the Great Wall on the inland side, the City of Refuge was a haven for lawbreakers and the war-vanquished.

For perhaps 400 years, people fled ahead of their pursuers to reach the City in order to receive amnesty and be purified by the priests.

Today the foundations of the City of Refuge stand virtually intact along with replicas of the refuge temple, gods and ancient Hawaiian artifacts.



ON HAWAII'S "BIG ISLAND."

nly on the Big Island visitor coming n a mountain slope Captain Cook and akekua Bay, drop coffee roaster on oad and sample a of hot Kona coffee.

awaii isn't just a le island state, but t stately islands, with its own story. heritage reads like a d tour—Chinese,

Japanese, Filipino, Korean, Hawaiian, South Pacific Islander, English, Portuguese. But everyone shares the "Aloha Spirit" unique to the Islands.
OAHU is still the "Gathering Place" for active Hawaiian life. Luxury hotels, world class restaurants, shopping and nightlife are a stone's throw from white sand beaches and dense rain forests. Downtown Honolulu is a delightful montage of modern office towers and wooden facades of early Hawaii. Oahu's North Shore contains some of the finest, fiercest surf anywhere. And for a bit of history, most visitors include stops at Iolani Palace and the Pearl Harbor Memorial. It's all part of the most sophisticated paradise in the world.
MAUI has something old, something new for everybody: an old-time whaling village full of rickety charm, plus jet-set nightlife, golf, tennis and spectacular resorts.
KAUAI, Hawaii's exotic greenhouse, boasts shimmering green valleys, dripping fern grottos, tucked away beaches—yours for the day or a lifetime.
MOLOKAI, now with resorts, golf and tennis facilities, is still a place of innocence and natural beauty for those who really want to get away from it all.
LANAI, aside from its 15,000 acres of pineapple, contains 75,000 acres of desert, forest, valleys and beaches just made for exploring.
"Island-hop" in no time by plane or hydrofoil, and try to see a bit of each. After all, when you see one island of Hawaii, you've really only seen one.

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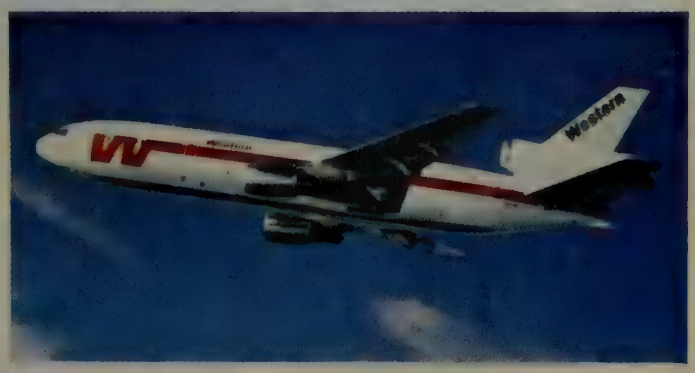

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OLYMPIC AIRWAYS

later it housed the administrative offi for the Twelfth Naval District. Then 1975 it became a museum show uniforms, artifacts, and equipment fr Navy and Marine Corps history. An i pressive 250-foot-long mural covers back wall with scenes of signific naval events in the Pacific.

Hours are 10 to 3:30 daily; admiss is free. Take the Treasure Island turn from Interstate 80 on the Bay Bric (no gate pass is needed for musei visitors).

Lighthouses open their doors. Two the tallest stations on the Califor coast, Point Arena and Pigeon Poi will open for tours on the last thi

NORMAN A. PI

Wrecked ship *Pigeon (not birds) gave Pigeon Point its name*

weekends of this month from noon to each day; a Coast Guard bosun's ma will give talks on history and archite ture. A third, the Point Reyes light, w opened last October by the Nation Park Service on a year-round basis (s the October 1977 *Sunset*, page 32).

Oldest of the three, Point Arena w built in 1870. It suffered severe damag in the 1906 earthquake, was rebuilt tw years later, and was manned until ju last June. Inside, you can climb a ci cular staircase 155 feet to see the "fir order" (highest power) Fresnel lens. Th lighthouse is just off U.S. Highway 30 miles south of Mendocino.

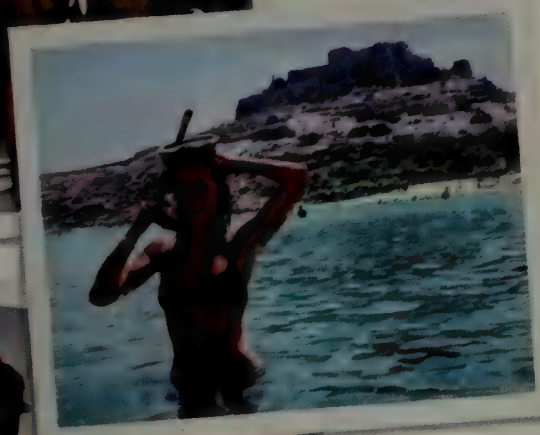
A bit newer (built in 1872) and shorte (148 feet) is the Pigeon Point ligh Named after the shipwrecked freight *Pigeon* that floundered on the point i 1853, the station's light can be seen fro 24 miles out to sea. The stouthearte can climb the stairs to see its 4.3 millio candlepower lens, automated in 1974 The lighthouse is off U.S. Highway 1 15 miles south of Half Moon Bay.

The 107-year-old Point Reyes light, 1 miles southwest of Inverness on Si Francis Drake Highway, is open 10 to daily, but may be closed in bad weathe —to check, call the station at (415 669-1534 or the Bear Valley Informa tion Station at (415) 663-1092.

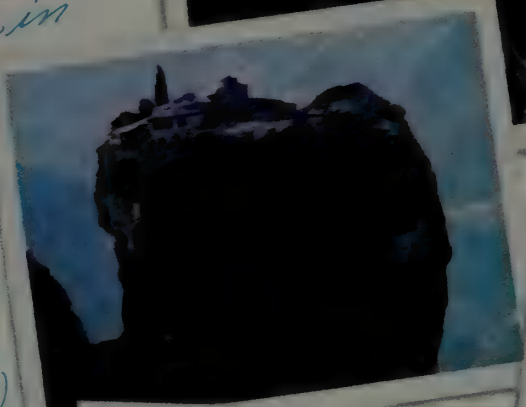
Look out for flying saucers in Greece!

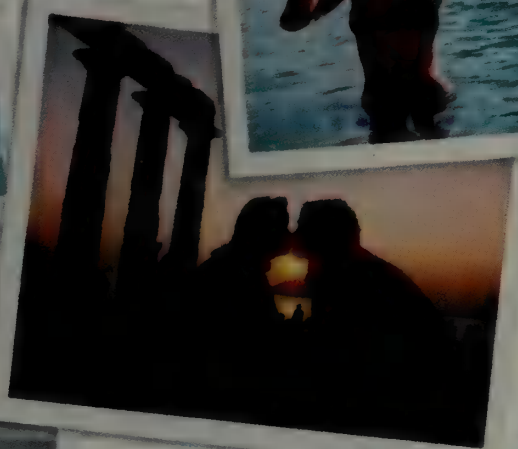
In many tavernas in Athens they throw saucers and plates when they like the music!

You can cruise to fantastic Greek Isles like Rhodes. That's the Acropolis of Lindos in the distance.



The famous monasteries of Meteora in Northern Greece. Take the stairs. The "elevator" is a rope basket. (Forget it).





This is Cape Sounion in ancient Greece. The sunsets are enough to make a grown man cry!

Mykonos. They white-wash the streets to make things even prettier!

There's no place on earth like Greece. Athens, the Greek Isles, Northern Greece, Classical Greece. Ask your travel agent for brochures. Or send this — to the Greek National Tourist Organization.

Greece

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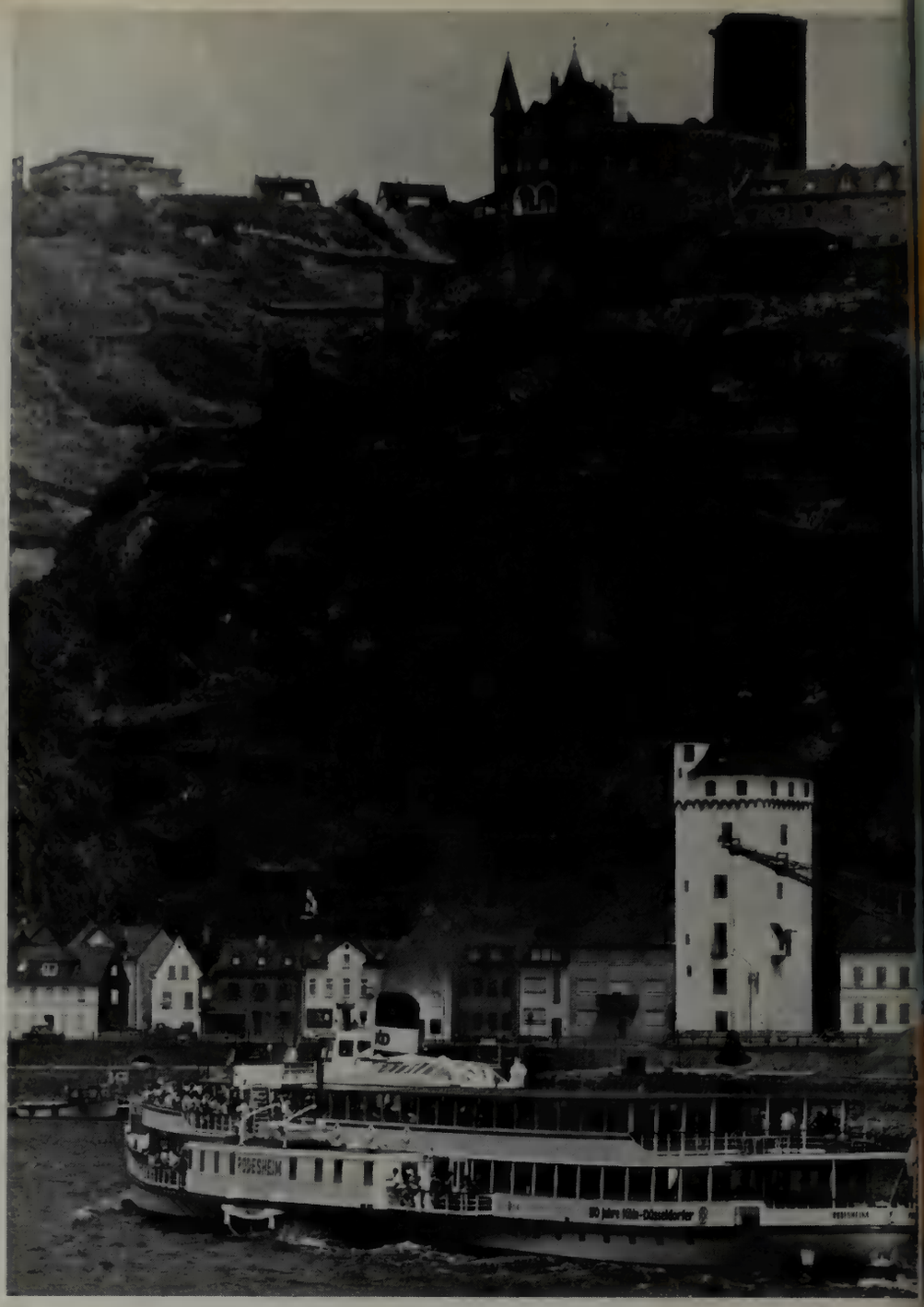


From bluff top, *Burg Katz overlooks village of St. Goarshausen, a scheduled stop for the steamer Rüdesheim on her daily run down Germany's Rhine Valley*

Mainz to Cologne on the Rhine

Flowing some 840 miles from the Swiss Alps into the North Sea, the Rhine is one of Europe's great river highways. Along with innumerable tugs and barges, traffic includes the 23 vessels of the KD German Rhine Line. Their six-month cruise season begins March 24.

Among the best travel bargains we found in Germany last summer were the day-long excursions on their steamers sailing 200 kilometers (about 125 miles) daily between Mainz and Cologne.

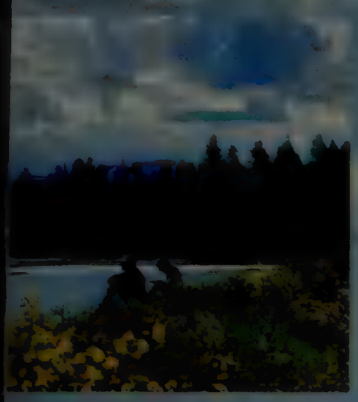
Running through the heart of the Rhine Valley, steamers are a leisurely alternative to train and bus service crossing the same area. Each ship has a restaurant and snack bar, observation lounge, and sun deck. Overlapping schedules allow cruising options. For example, although you can cruise the entire distance between Mainz and Cologne in about 10 hours for DM. 83.60 (about $39; one mark is about 45 cents), many travelers opt for either a shorter cruise with a brief stopover or a round-trip excursion.

Probably the most scenic stretch of river takes in the 100 kilometers between Mainz and Koblenz. Along here the Rhine has cut a steep canyon where

(Continued on page 66)

Arizona

When your family vacations
Amazing Arizona, you can
pect the unexpected.



One day, you can watch the
n rise over the awesome
rand Canyon, picnic near a
ousand-year-old cliff
velling and bed down at a
stic resort nestled in the
world's largest
Ponderosa Pine forest.

Another day, you can visit Petrified Forest, see a meteor crater, take a ski lift up the side of a 12,600-foot mountain and drive to the bottom of magnificent Oak Creek Canyon.

All vacation long, there's so much to see, so much to do.

You can go horseback riding, play golf or tennis, fish a trout stream or a canyon lake.

You can visit a ghost town or a movie set, watch major league baseball in spring training and bet on races at

greyhound and horse tracks.

You can browse an Indian trading post in the White Mountains, an art colony in Sedona, high-fashion boutiques in Scottsdale and the bargain shops of Old Mexico's border.

You can dine at a five-star resort hotel or an intimate French restaurant. Feast under the stars at a cowboy steak house or over your

campfire in a quiet national forest.

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And this may be the best time of year to come here.

We have bright, sunny weather and a wide variety of motels, hotels and resorts offering attractive rates.

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There's a different Orient waiting for you in the 7,000 islands of the Philippines.

Golden Moslem mosques not far from Spanish churches, white-washed Pacific beaches where Magellan and MacArthur waded ashore.

The third largest English-speaking country in the world.

Rainbow-sailed "vintas" gliding to shore with their precious harvest of shells. And jaunty, psychedelic-painted "jeepneys" (descendant of the once-stodgy jeep) tooting around town with their happy collection of passengers.

Soaring volcanoes, sweeping green plains of pineapples, steep-cut thundering gorges, the mysterious "Chocolate Hills" and Manila Bay's famous pastel sunsets.

The Philippines is a 5-mile cab ride for under a dollar and a special feeling for Americans that's priceless.

It's lush tropic forests where few men have ever gone before. And 21st Century boulevards of luxury hotels and world-class restaurants.

This is an Orient you'll find only in the Philippines.

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Welcome aboard

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(and the only daily) flights to Manila from San Francisco. It's the exotic, far-away Orient practically next door. Hong Kong and Taipei are only 90 minutes from Manila! Singapore and Bangkok just 3 hours. It's Asia's very first airline ever to fly to America.

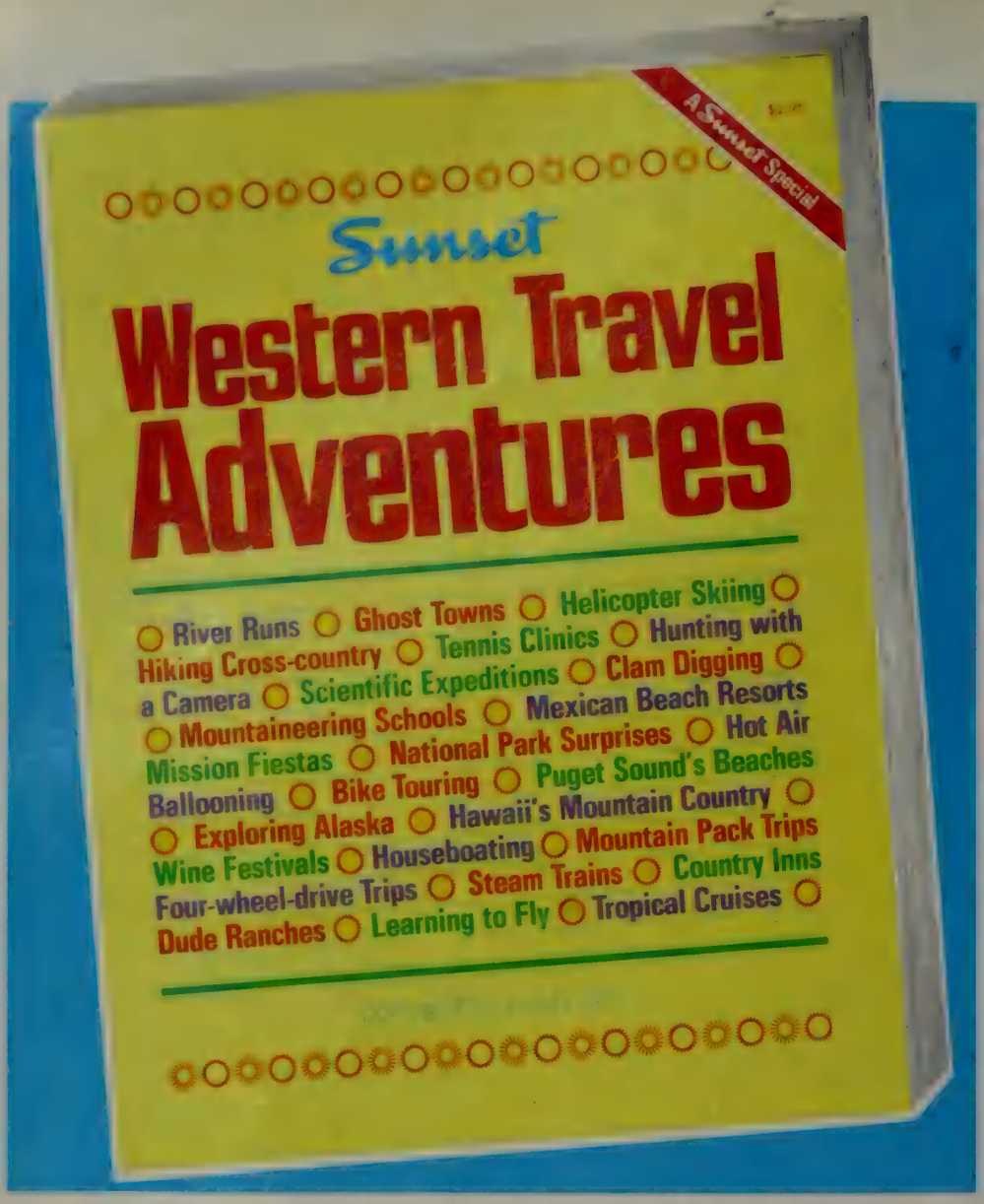
The Philippines is Philippine Airlines.

Any evening you choose, you can settle back, leave the lights of San Francisco and your cares behind and wait for the Philippines to appear.

It won't happen hours later on the other side of the Pacific. It will begin to happen with that very first special smile of your Philippine Airlines hostess.

Philippine Airlines

he Philippines.



Re-discover the West

From *Sunset* comes an information-packed annual magazine to help you and your family discover the West all over again. The West's foremost travel reporters have assembled a new weekend and vacation source book—a where-to-go guide to some of the West's great experiences! *Western Travel Adventures* has more than 200 pages and more than a thousand specific listings on country inns and old hotels, ghost towns, theme parks, wilderness pack trips, wild (and mild) river excursions, cruises, farm and ranch vacations, tennis camps, great special events (rodeos, races, music festivals, fairs, fiestas), steam train rides, four-wheel-drive trips, houseboating, bicycle tours, mission and wine festivals, Alaska, Hawaii, Mexico—and more!

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Sunset's newest—the family guide to great weekend and vacation adventures. More than 200 pages packed with details on what, when, where, why, and how much

Camera *at the ready, steamer passengers on a day-long cruise enjoy a leisurely pilsner with the view*

small villages hug the banks beneath feudal castles on precipitous bluffs.

As you head downstream (north) from Mainz, the vineyards to the right are part of the Rheingau wine district, famous for its Riesling wine. Gradually the hills edging the river get steeper, and below Rüdesheim you'll see the first of about two dozen castles (some now used as hotels) we counted along this stretch.

Several medieval toll stations still stand in the middle of the river. One of the most picturesque is Die Pfalz, below the village of Bacharach. Downstream is the Lorelei rock, the legendary spot where ancient boatmen were lured onto the rocks by the song of a beautiful siren.

Straight through, the trip from Mainz to Koblenz takes just over 5 hours. However, if you want to spend the night in Koblenz (or any of the picturesque villages in between), you can take the 9 A.M. boat from Mainz, take two separate hour-long stopovers, and be in Koblenz by 4 P.M.; the fare is DM. 30.60, with no charge for the stopovers.

To take a round-trip day excursion, we suggest you catch the 9:50 A.M. boat from Rüdesheim, 28 kilometers northwest of Mainz, and cruise as far as Boppard, 21 kilometers south of Koblenz. This gives you about 3½ hours in Boppard for a leisurely lunch and some exploring before leaving at 4 P.M. for the slower 4-hour ride upstream back to Rüdesheim. Round-trip cost is DM. 32.80. For a faster round-trip excursion, take a boat one way and return by train.

Travel agents have complete brochures and timetables, can help fit a Rhine cruise into your itinerary, and can purchase tickets in advance. Agents can also tell you about overnight cruise programs. Or, write to the Rhine Cruise Agency, 323 Geary St., Suite 619, San Francisco 94102. □

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Combine our scenic wonders with the attractions of our cities, resorts, superb hotels, motels and campgrounds, fine restaurants and exciting mountain retreats, and you'll agree that Utah does, indeed, combine the best of the west.

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Waiters and cooks *all in white serve the counter crowd at the Pantry. Breakfast is famous for plenty of hashed browns, toasted French bread, rashers of bacon, and pancakes*

Classic fare *at Philippe's: French dip, cole slaw, stew*

Down below *the sidewalk, Cole's is an institution with the lunch crowd*

Old-timer restaurants in downtown L.A.

Sawdust on the floor, dime cups of coffee, tiny straight-backed booths, smoky murals, and waiters dressed in white aren't the invention of today's nostalgia-theme restaurants. Downtown Los Angeles has a handful of restaurants that seem to remain unchanged—some since 1908—because of their popularity.

These are restaurants that let you experience L.A.'s history and have a good meal at the same time.

We've picked nine downtown establishments, all within 1½ miles of City Hall. Several others there are traditions too, but because of remodeling, location, or some other factor, they don't fit into our grouping.

Don't expect haute cuisine; each place is famous for certain specialties and simple meals at very reasonable prices. Clientele at each knows no boundaries; the parking lot at Vickman's may be crowded with Rolls-Royces and tow trucks, the counter at the Pantry lined with USC students, businessmen, and others of less obvious means.

Coles

Cole's, at 118 E. Sixth near Los Ange Street, started out as Cole's P.E. Bu in the 1900s. The horse-drawn cabs a red cars that rumbled into the Pac Electric terminal overhead are gone the granddaddy of the downtown rest rants is essentially unchanged: tiny h agonal floor tiles, the big mahogany well-polished by generations of sto brokers, a buffet table still laden w pork and beef roasts cut to order French dip sandwiches. The walls sprinkled with photographs depicti yesteryear's Los Angeles. Cole's is op for food weekdays 10:30 A.M. to 7 P.M closed on weekends.

Philippe

Philippe's, The Original, at 1001 N. Al meda Street across from Union Static has served since 1908, been owned the same family since 1927. It's de cated to keeping everything the sa and "giving the customer a fair shake Long lines form at lunch and dinner f lamb, pork, and beef French dips. Coff costs only a dime. Philippe's is clos only on Christmas and Thanksgivin hours are 6 A.M. to 10 P.M.

Blair's

At 718 S. Grand Avenue near Seven Street, founder Horace Blair's mot since 1924 was "do everything fro scratch." Mr. Blair is gone, but little h changed. One of Los Angeles's few r maining soda fountains is in Blair'

JERRY FREDRICK

Emma *serves sundaes just like the ones she made when she started at Blair's fountain 31 years ago*

Pasquini's *tiny espresso stand is tucked downtown between two department-store buildings*

ong with a bakery. The owners are rticularly proud of their chicken, avo-do and bacon sandwiches, and apple e. Blair's is open Monday through Sat-day, 7:30 A.M. to 4:45 P.M.

Original Pantry Cafe

he year 1924 saw the opening of The riginal Pantry, one block west of its resent location at Ninth and Figueroa reets, where it moved in 1950. Its otto, "Never closed, never without a ustomer," is a reality at this enormously opular spot that averages over 2,500 ustomers a day and is always open. ortions are fit for a trencherman; ask e cashier for a booklet detailing the mazing amounts of food used each year.

Vickman's

Mordecai Vickman thought the produce istrict needed a good restaurant in 930, and Vickman's (1228 E. Eighth Street near Central Avenue) has been rowded ever since. His son Harry is ehind the counter. Vickman's is some-hat like a cafeteria, but food is cooked o order. It opens at 3 A.M. for the pro-luce crowd, and is noted for breakfast ishes. For lunch check the blintzes and old poached salmon with caper sauce. Closing time is 3 P.M. weekdays, 1 P.M. Saturday; closed Sunday.

CLIFTON'S

One of the world's largest cafeterias, Clifton's (648 S. Broadway near Seventh Street) was founded in 1931. You ascend o one of three separate floor levels and line surrounded by rocky ledges, water-alls, and running brooks. Even the pil-ars look like giant sequoias. The good cafeteria fare is served 6 A.M. to 9 P.M. every day. The newer Silver Spoon, three blocks west at 515 W. Seventh Street, contains Clifton's memorabilia.

FINNEY'S

There's an extraordinary find inside this 45-year-old cafeteria at 217 W. Sixth Street between Broadway and Spring. Virtually every square inch of wall is covered with handmade tile, produced in the famous Batchelder Pasadena studios, reflecting scenes of Amsterdam. If only to see the tile, drop by for a cup of coffee and piece of pie. Finney's is open 6 A.M. to 8 P.M. Monday through Saturday.

Italian Kitchen

Since 1941, the Italian Kitchen at 420 W. Eighth Street near Olive has served tens of thousands of lasagna orders beneath its now-fading murals. Beautiful round loaves of bread with springy, light texture are baked daily at a sister restaurant (The Italian Grill at 631 S. Hill Street), then rushed to the Kitchen and sold to go for 60 cents. Hours are 8 A.M. to 9 P.M. Monday through Friday, 11 to 9 Saturday; closed Sunday.

Espresso Bar

Pasquini's is off Seventh Street in St. Vincent's Court between Broadway and Hill. If not for its age (23 years in this location) we include it as downtown's only outdoor espresso stand. When Paolo deftly puts a head of foam on your *cioccolata calda* and espresso, you feel transported to Europe. Hours are 10 A.M. to 4:30 P.M. Monday through Saturday. □

BILL ROSS

Strawberry-pie season *begins in April at Vickman's; here Harry Vickman lends a hand. A slice is 85 cents*

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Jasper Park Lodge CN hotels

SU

Special meals on airlines

When the flight attendant serves you tray of food almost identical to eve other passenger's on the plane, do y ever wonder whether something m to your taste or dietary needs might available?

Actually, you do have a choice—all t major scheduled airlines offer "spec meals" to passengers with dietary or ligious restrictions. Anyone can ord them at no extra charge: Just requ one when you make your reservation, least 48 hours before departure.

What are your choices?

United Airlines, for example, offers special meals: bland (for those w ulcers), gluten-free, lactose-free (milk), diabetic, low-cholesterol, hyp glycemic (low-carbohydrate), low-f low-sodium/salt-free, low-protein, pu vegetarian, lacto-ovo vegetarian, te tured vegetable protein vegetarian (Se enth Day Adventist diet), children a infants, high-protein, Hindu, Kosh low-calorie, Muslim, Oriental, Soul, a Weight Watchers.

Their vegetarian lunch/dinner, for i stance, includes tomato soup made wi soy milk, vegetable salad, rice-stuff pepper, zucchini, potatoes fried in o and fresh fruit. No meat, fish, eggs, dairy products are used.

Other airlines offer a sampling of th above choices and add seafood mea and fresh fruit trays to the long lis Most carriers offer both children's an infants' meals.

Airline kitchens quietly aim to please

Here are some highlights from our su vey of 34 airlines: TWA offers speci Passover meals; Japan Air Lines, a pos weaning meal; Braniff, a nonstimulan meal (for Mormons); Delta, meals fo children, toddlers, and babies; Luf hansa, both a Western vegetarian and a Oriental/Asian vegetarian; British Ai ways, Thanksgiving and Christma meals from all its U.S. stations.

Only one or two percent of all air trav elers, however, request special meals— possibly because the choices are rela tively unpublicized due to their extr cost to the airlines. Kosher is by fa the most popular; next comes vegeta rian, diabetic, and low-salt.

You can even order special cakes an champagne on many airlines to cele brate a birthday, wedding, anniversary or other occasion. They are provide free on some airlines, at nominal cos on others.

The picture is Hawaii. Hyatt adds the color.

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The elegant Hyatt Regency Waikiki, its waterfall marking Waikiki's favorite meeting place, is perhaps Hawaii's greatest hotel. Secluded on Oahu's scenic North Shore is the superb Kuilima Hyatt Resort Hotel. And coming to the lovely Valley Isle in 1980 is the spectacular Hyatt Regency Maui.

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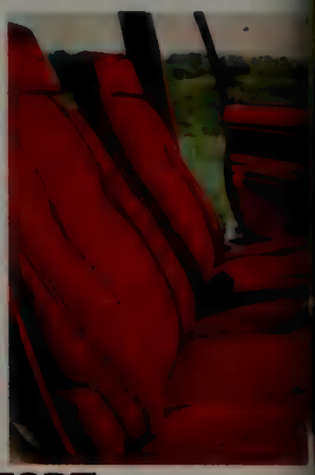

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LEE FOSTER

Baja craftsman *transfers floral design from paper pattern to leather*

Leather shopping in Baja

Handcrafting leather goods is one of the few indigenous folk arts practiced in Baja California. Miraflores, a small village about 50 miles north of Cabo San Lucas on the way to La Paz, is known throughout southern Baja as the home of fine leather belts, purses, and saddles. Most of the Miraflores craftsmen belong to an artisan cooperative that raises the cattle, tans the hides, produces the leather craft, and sells in village shops.

Prices are negotiable, but plan to spend between $5 and $10 for a belt, $20 to $50 for a purse, and up to $500 for a saddle. Most shops are open daily, but morning hours are erratic, especially on Sundays and holidays. □

Skilled hands *incise the outline of a poppy petal on leather purse flap*

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FRANK JENSEN

Pointy-hatted *snow sculpture gets a final pat on the back from the artist*

Snow sculpture in Park City, Utah

Wielding shovels, spatulas, buckets, and pointed sticks, entrants in the annual Snow Sculpture Festival at Park City, Utah, come well prepared to mold powdery drifts into temporary works of art. This year's contest—the seventh annual—will be held March 11.

Many people show up just to watch the artists' flights of fancy take shape. Sculptors have from 9 A.M. to 3 P.M. to complete their works, so early afternoon is the best time to watch finishing touches being applied. In past years, subjects have ranged from a Humpty Dumpty complete with wall to the monolith from the movie *2001*. Freeform sculptures, a teddy bear, and a giant garden snail have also had their day in the snow.

This year the competition will be at the golf course. There is no entry fee; just register at the clubhouse at the corner of Park Avenue and Thaynes Canyon Drive. Individuals or groups can enter; prizes will be awarded to the 10 best creations.

Park City, a popular ski area, is less than an hour east of Salt Lake City, just off Interstate Highway 80. □

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NORMAN A. PLATE

Small informal ballparks *like Tucson's bring Cactus League fans this close to the action*

DON NORMA

Arizona's brand of baseball *sometim means dancing during seventh-innin stretch, mariachis at box office (belo*

Major leaguers warm up March 8 to April 5 in Arizona and Palm Springs

For sports fans in the Southwest, March means one thing: a month-long fling with big league baseball before the regular season gets underway.

Seven major league teams now hone their skills in spring training in cities across southern Arizona; an eighth works out in Palm Springs, California. Called the Cactus League, all eight teams will play daily exhibition games this year from March 8 through April 5.

Sun-drenched fans *crane to watch a fly ball. Days are usually balmy*

Admission ranges from $1 to $4.50 and games are timed to catch the most sun—beginning about 1 P.M.

For about two weeks before exhibition games start, fans are welcome (no fee) to watch spring training—anything from batting practice with mechanized pitchers to unglamorous laps around the field.

Phoenix is the most centrally located city for spring training, with five major league teams playing within an hour's drive: San Francisco Giants in Phoenix, Oakland A's in Mesa, Seattle Mariners in Tempe, Chicago Cubs in Scottsdale (next year they move to Mesa), and Milwaukee Brewers in Sun City.

Tucson welcomes the Cleveland Indians, Yuma the San Diego Padres, and Palm Springs the California Angels.

Exhibition games may not provide the best baseball of the season, but chances are you'll get a good sun tan, meet some of your favorite players, perhaps even discover one of tomorrow's superstars. And there's probably no better way to see eight or nine major league teams play within four days for $6 to $12 (the Los Angeles Dodgers come from training in Florida to play half a dozen games).

Cactus League ballparks are small, seating 3,000 to 9,000 (compared to 40,00 or more in the teams' home stadiums) Even the worst seats are within a holle of home plate. Games rarely sell out though crowds do increase on weekend and as the 29-day season nears its end.

The atmosphere is informal—more like Little League than World Series. In Sun City, for example. fans often arrive in golf carts. Superstars, rarely playing for more than six innings per game, are relaxed and more inclined to kibitz with fans over the fence. The greatest excitement sometimes comes from farm team rookies anxious to make the most of their shot at the big time. Exhibition team rosters usually number a fat 40; only 25 can join regular-season play.

Most teams play local college and university varsity teams once as a public relations gesture, and Tucson promotes, with much ado, a duel between the Cleveland Indians and a top Japanese team that trains in Yuma.

Bring jackets (some March days are windy), sun hats, and, for more comfortable bleacher sitting, portable backrests. Stadiums sell the staples: hot dogs, popcorn, beer, and soft drinks.

They also sell programs usually listing the Cactus League schedule. Or, for an

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ou've had just about enough of nds bragging about their cruises, 'd like to help you toward taking e of your own.

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with John H. Keller
President
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Haiti was a special favorite of ours when we began creating tours to the Caribbean more than 45 years ago. It still is. Western travel agents were selling Caribbean Holidays tours to Haiti even before we started, almost two years ago, to design them just for Westerners.

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In Haiti the myth and magic of the past are not only still there, but you become a part of it. The Haitians are charming, creative and hospitable. The hotels, the cuisine, the shopping are all imaginative. The beaches, the mountains, the towns and villages, the music and entertainment are all unforgettable. We try to get it all into our designs for you.

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NORMAN A. PI

Cleveland's John Arnold *takes time for autographs during a lull in the game*

advance copy, send a stamped se addressed envelope to Cactus Leagu *Sunset Magazine*, Menlo Park, Cal 94025.

Here we list where to watch these tean (games most likely to sell out are parentheses).

PHOENIX AREA

Chicago Cubs: Scottsdale Municipal Stadium, Osborn Road and Civic Center Plaza; box $4, reserved stands, $3, bleachers $2; (602) 994-2512. (Sellout expected April 5 with San Francisco.)

Milwaukee Brewers: Sun City Stadium, on Grand Avenue in Sun City; $2.50 (no reserved seats); (602) 933-1344 or 977-3701. (Sellouts expected March 9 with the Cubs, April 3 with the Minnesota Twins visiting from Florida.)

Oakland A's: Mesa's Ho-Ho-Kam Stadium Center Street off Brown Road; $3.50 box, $2 stands, $1 bleachers; (602) 969-1307. (April 3 game with Arizona State University at 7 P.M.)

San Francisco Giants: Phoenix Municipal Stadium, 5999 E. Van Buren Street; $3.50 box, $3 reserved stand, $1.50 general admission, $1 under 16; (602) 275-4488. (April 3 with visiting Los Angeles Dodgers, 7:30 P.M.)

Seattle Mariners: Tempe Stadium, 2525 S. 48th Street; $3 box, $2 general adults, $1 children 16 and under; (602) 968-7803.

TUCSON

Cleveland Indians: Hi Corbett Field, Randolph Park off S. Randolph Way; $3.50 box, $2.50 and $3 stands, $1.50 general; (602) 793-2801. (March 12, Japan's Yakult Swallows, pregame festivities 11 A.M.; March 31, Chicago Cubs, 7:30 P.M.).

YUMA

San Diego Padres: Desert Sun Stadium, 1440 Desert Hills Drive; $4.50 box, $3 stands, $2 general, $1 bleachers; (602) 782-2567. (March 8, Japan's Yakult Swallows; March 11, 12 with Oakland.)

PALM SPRINGS

California Angels: Angels Stadium, Sun Rise Way at Baristo Road; $3 box, $1.50 general; (714) 327-1266.

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We think you're going to think Omni's tops, too. Because Omni can get so much done... lots more in fact...than it did for the car experts. We say that because it will take thousands of miles around the town and out in the country to put Omni to its truest test. With you at the wheel.

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Now, car testers don't worry too much about price. But you have to. So it's nice to know Omni prices start at just $3778.* Which includes such standard items as an AM radio, vinyl body-side moldings, and whitewall radial tires. With a little judicious selection of options and trim packages, you can own an Omni like the one in the picture for just $4207.*

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You can make your Omni roomier yet. More versatile. Order it with an optional factory-installed multipurpose carryall roof rack. With appropriate attachments, it'll handle bikes, skis, baggage, or other cargo up to 150 pounds. After all, the more you carry outside, the more you can carry inside.

EPA ESTIMATES
35 MPG HIGHWAY/24 MPG CITY

Omni is also very obliging on gas mileage. EPA estimates are 35 MPG (highway) and 24 MPG (city). That's when your Omni is equipped with its standard 1.7 litre engine and manual transmission. Your mileage may vary. Depends on how you drive, your car's condition, and its equipment.

With so much waiting for you to see, and try, and feel, why not get down to your Dodge Dealer's soon. We think you'll end up buying or leasing the car so many experts say is tops in its class for 1978.

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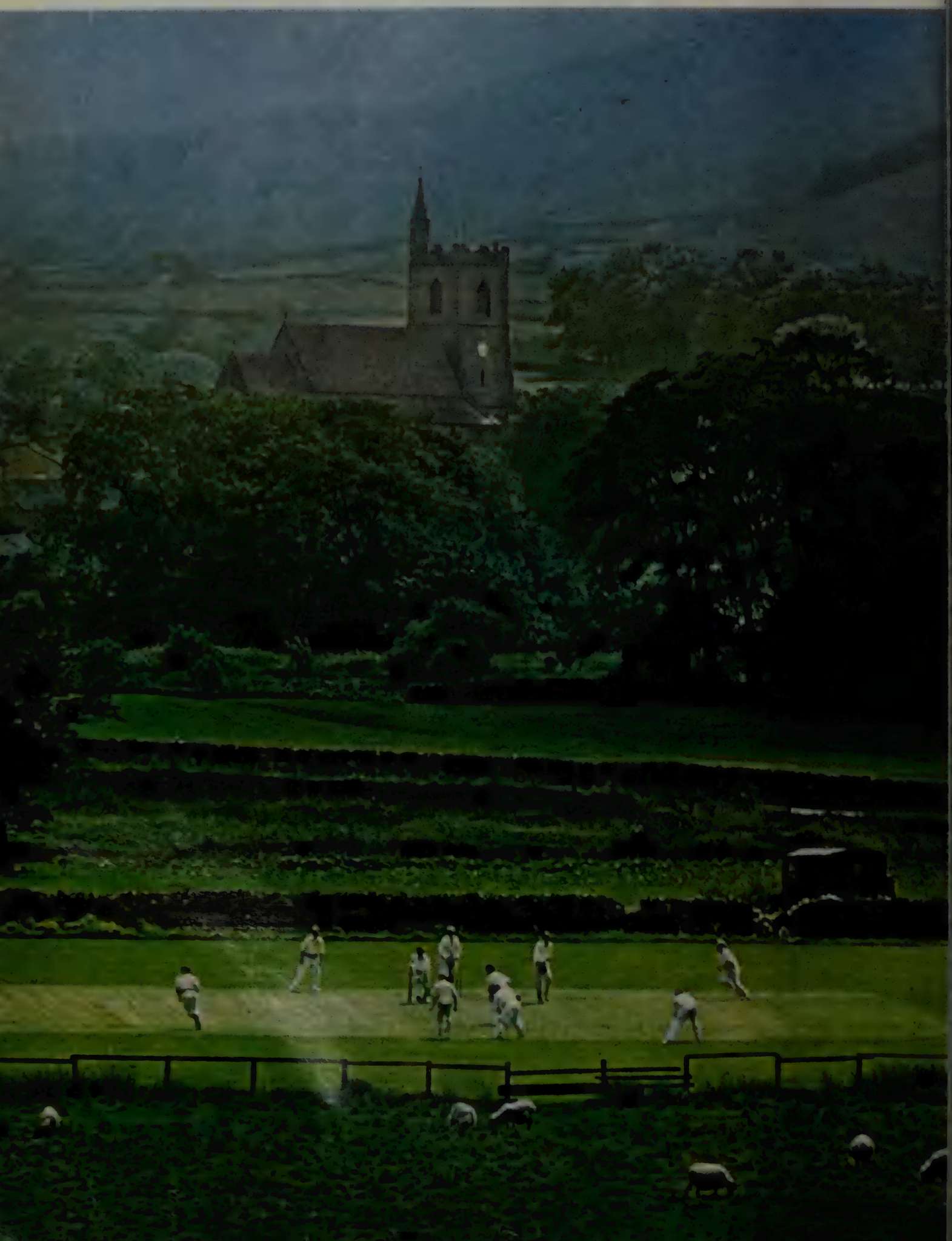

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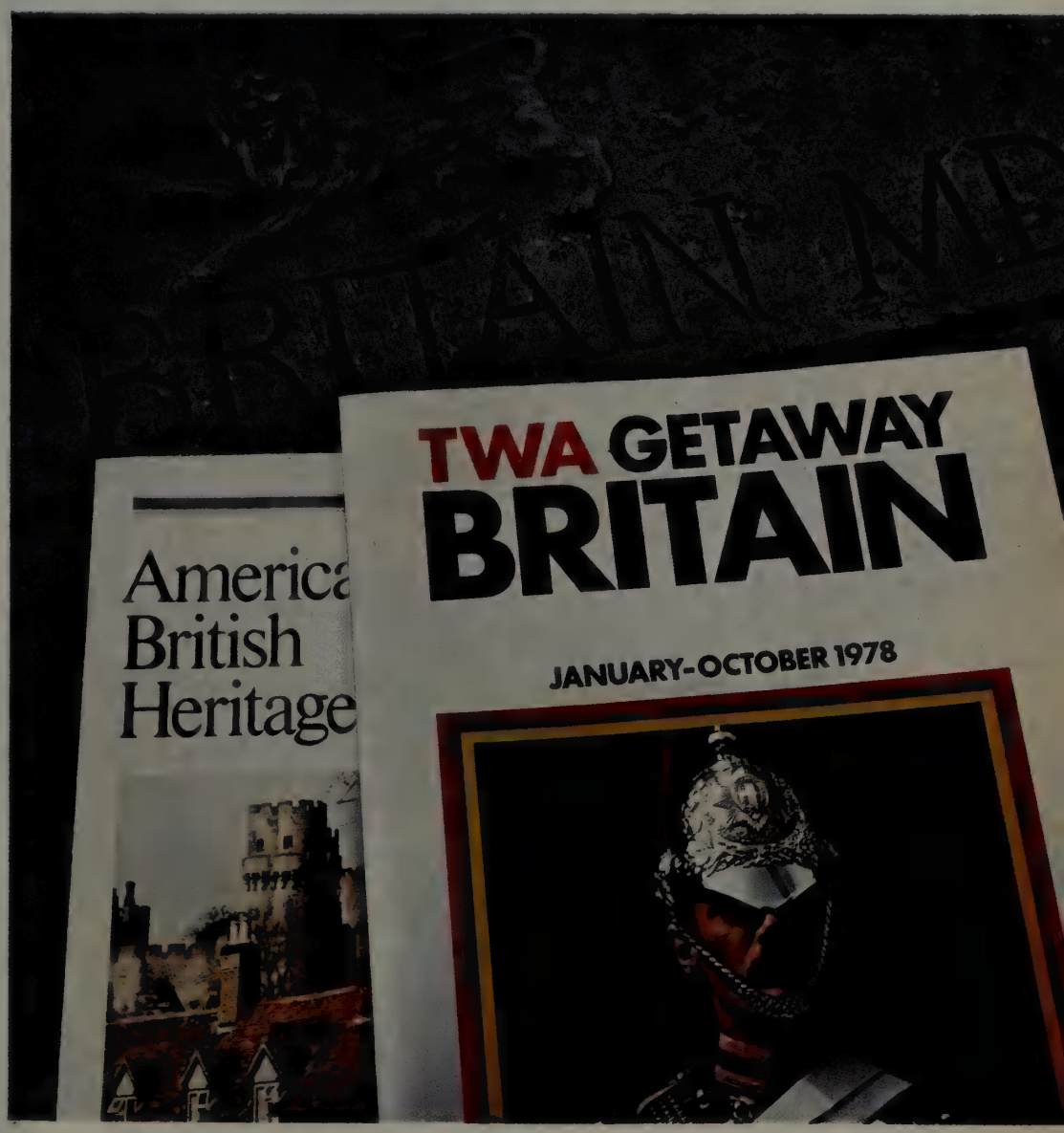

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GLENN CHRISTIANSEN

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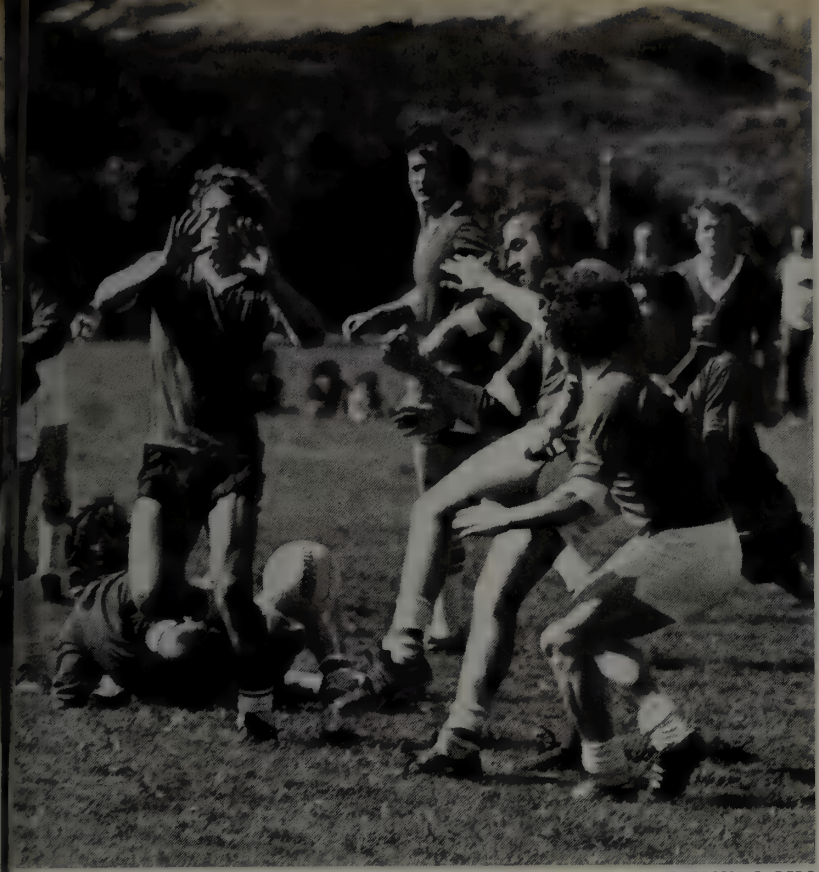
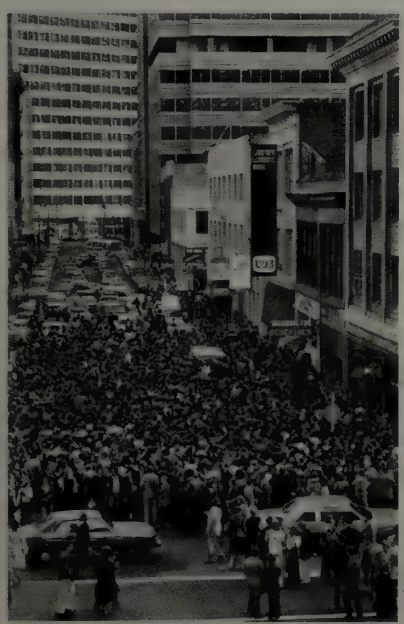
Puget Sound

Butter clams popping from their shells, pieces of Dungeness crab, and delicate pink salmon chunks—all abundant in the Northwest—mingle in an onion-laden herb-wine broth



PATRICIA J. BERG

Gaelic football *resembles soccer, though players can pass with hands as well as feet. You can watch every Sunday in Golden Gate Park*



Throngs clog *the financial district in San Francisco on St. Patrick's Day*

Recalcitrant *racer gets a push in noontime race. This year's event will be held in Zellerbach Plaza on March 17*

bastion of the Irish community on West Coast has always been San ncisco. Dating back to gold rush s and the building of the transconti- tal railroad in the mid-nineteenth tury, Irish immigrants and their de- ndants have helped shape the charac- of the city.

its heyday, the Irish voting block ld decide San Francisco elections; as as the 1950s, 7 of 11 supervisor s were held by the Irish. Though ir clout has shrunk some in recent rs, San Francisco still has the largest centage of Irish-surnamed individ- s in the West—with 16,000 in the y, some 300,000 in the Bay Area.

is month, they have reason to cele- ate. Along with the traditional observ- ce of St. Patrick's Day on March 17, an important cultural event is going on right now. In its only showing in the West, the Treasures of Early Irish Art exhibit is at the M. H. de Young Memorial Museum (see page 91).

Other activities this month include the big parade on March 19, Robert Emmet (a rebel hero) Day on March 5, and the opening of Gaelic football season. Here we offer a guide to Irish art, music, dance, taverns, and sports.

Honoring St. Patrick

It is doubtful that the fifth century Christian bishop drove the slithery reptiles out of Ireland, but St. Patrick was the first to produce scholarly writings in Ireland, and was responsible for setting up hundreds of churches and making thousands of converts.

Sunday, March 19, the big parade begins at noon, with over 250 marching units and floats heading down Market Street from Second Street to Golden Gate Avenue, Polk Street, and finally past City Hall. To confirm the route, call the Visitors Bureau at (415) 626-5500.

For the first time, Oakland will have a St. Patrick's Day parade as well; it begins at 2 P.M. March 17 and nearly 200 units will roll from Lakeside Park down Broadway to Jack London Square.

One outrageous event that's marked St. Patrick's Day for the past 10 years is snake races in Zellerbach Plaza (at Bush and Market streets). Some 60 snakes wriggle for prize money at noon March 17. There's also a snake race at the California Academy of Sciences in Golden Gate Park that day at noon; the

Steinhart Aquarium will have 40 snakes on hand to loan to participants.

Of hornpipes and jigs—where to hear the music and dance

Traditional country Gaelic music is played by a ceilhe (*kay*-lee) band usually consisting of fiddle, flute, whistle, pipes, and *bodhrán* drum (it looks like an oversized tambourine). When the band plays light and lilting tunes at social events, couples often do the well-known figure (or folk) dances such as hornpipes, jigs, and reels. At an exhibition, you're likely to see step dancing—an exuberant, high-kicking dance, usually done by young girls.

You'll have a number of chances to see step dancing this month, and there are several schools in the Bay Area that teach both figure and step dances to beginning adult classes. You can also hear the pipes and drum bands at several San Francisco taverns. Here are the events:

Oakland, March 4. Oakland Auditorium, 10 10th Street. Night in Ireland benefit for St. Joseph's School for the Deaf: music and dance, 8 P.M., $3-5.

Golden Gate Park, March 5. Robert Emmet Day at the band shell, music concourse, 1 P.M. Free.

One Market Plaza (foot of Market Street, San Francisco), March 13, 15, 17. Irish singers Monday and Wednesday; step dancers, Gaelic band Friday. Noon each day. Free.

California Academy of Sciences, March 17. Gaelic music at noon in Wattis Hall, Golden Gate Park. Free.

Oakland, March 17. Alameda Hotel, Broadway and Central avenues, St. Pat's Day party; music, food, poetry; 7 P.M. Admission $6.

San Jose, April 21-23. Santa Teresa High School, 6150 Snell Avenue. Second annual *feis* (fesh) or dance championship, with 15 dance schools competing. Hours: 7:30 to 10 P.M. Friday, 8 to 5 Saturday and Sunday.

Here are the Irish dance schools:

Sharon Carey Irish Dancers, (408) 732-4120. Classes in Campbell, San Jose, Sunnyvale, San Francisco.

Kathleen Deely School, 5527 Picardy Lane, San Leandro; (415) 543-7262.

Ann Healy School of Irish Dancing, 2036 Taraval Street, San Francisco; (415) 664-3247.

Kennelly School, 38277 17th Street, San Francisco; (415) 431-1610.

McBride Dance Studio, several locations, Oakland; (415) 530-4976.

Mary Jo Murphy School, several locations, Daly City; (415) 587-7133.

Irish folk music is a tradition at several taverns in San Francisco. At most of them, you'll find a distinct Irish atmosphere—singalongs, step dancing and dart tournaments. Two of the following pubs also serve food—including Irish specialties.

Abbey Tavern, Geary Boulevard at Fifth Avenue, (415) 221-7767; Boys of Blue Hill band Friday through Sunday at 8:30.

Herrington's, 9 Jones Street, (415) 431-7441; ceilhe band Thursdays at 8:15, Irish pipe band at noon March 17.

Ireland's 32, 3394 22nd Street, (415) 648-0109; accordion, drums, fiddle band Saturdays at 8. On March 17, band and step dancers.

Irish Embassy, 600 Polk Street, (415) 885-0842; also a lunch restaurant. Ballad singers, guitarist usually on Friday and Saturday at 9.

The Plough and the Stars, 116 Clement Street, (415) 751-1122; a dinner restaurant Tuesday through Sunday 4:30 to 9. Balladeer plays guitar, fiddle on Thursday, Friday, Saturday nights at 9:30. Step dancers perform Saturday. On St. Patrick's Day: accordion player, step dancers.

Gaelic football in Golden Gate Park

This month marks the beginning of Gaelic football season. Five amateur teams from all over the Bay Area compete in the fast-paced sport. You can watch games free on any Sunday afternoon at about 1 o'clock, now through October, at the beach chalet at the far west end of Golden Gate Park. There's no seating out at the field; you might want to bring a blanket.

The sport most resembles soccer, except the field size (140 yards) and number of players (15) are greater. The round leather ball is the same used for soccer. Goal shapes are similar, although in Gaelic football the two upright posts extend some 6 feet above the crossbar. A shot at the goal scores 3 points if it's in the netting, 1 point if it's through the uprights.

Significantly, a player can catch and pass the ball with his hands (besides kicking it)—not allowed in soccer. Each ga is played in two 30-minute halves.

Learning more about the Irish

The United Irish Cultural Center (27 45th Avenue) was built in 1975 by v unteers, and has been a unifying fo in the Irish community. It's a membe only club about 3,000 strong with a f library housing 1,900 titles on thi Irish; anyone can use the library— checkouts—Wednesday through Sat day 1:30 to 4:30.

The Irish Literary and Historical Soci has monthly lectures open to the pub the last Friday of each month at 8 P. membership fees are $8 per year. I information, write them at 800 Ston town Mall, Suite 111, San Franci 94132. They've just produced a 1 page hardbound book called *The S Francisco Irish: 1850-1976* (Irish l erary and Historical Society, San Fr cisco, 1978; $15); it's available by m handling and postage included.

The University of Santa Clara is p senting Sean O'Casey's famous dra *The Plough and the Stars*, at the Ma Theater, Lafayette and Franklin stre Performances at 8 P.M. on March 3, 7, 8, 9, 10, and 11; also March 5 a P.M. Tickets at the door, $2.50.

And the San Francisco Community C lege District is offering free open clas in Irish-American history. They're Wednesday evenings until June 14, the United Irish Cultural Center.

Handclapping *rhythms prompt dancers at Oakland's Alameda Hotel; you can join in (for singing, too) on St. Patrick's Day*

STEVE W. MARLEY

The shenachie, *or storyteller, recites poetry of Ireland's heroes, saints, and scoundrels*

Cead mile failte! *St. Patrick's Day celebrant toasts a hundred thousand welcomes*

.MANCUSO

The harp was born *in Ireland; this fifteenth century model of wood, brass, and silver is on display at the de Young. A craftsman will be on hand at the museum daily from 11 to 3 to explain the building of a Trinity harp*

At the de Young . . . 3,000 years of Irish art. Masterpiece is the *Book of Kells*

and's most treasured relics are among 70 items on display the West's only showing of early Irish art. Gathered from ee important collections—Trinity College, the National iseum of Ireland, and the Royal Irish Academy—the arti- ts date from the Bronze Age to the fifteenth century; many e never left the country before.

e masterpiece of the show is the beautiful *Book of Kells*, intricately illustrated religious manuscript from the eighth ıtury, perhaps the triumph of Irish Celtic art. It will be played in a sealed protective case, with easy-to-see en- ged page reproductions.

u'll also see some Celtic metal art from 200 B.C., the Bell St. Patrick and its bronze shrine from 1100 A.D., and the llylongford Cross from the 1400s. A 225-page color catalog the show is available for $6.95. Or, you can get a free klet on the exhibit from the Irish Tourist Board, 681 rket St., San Francisco 94105.

e show will be at the de Young Museum in Golden Gate k now through May 21; admission charge is $1.50 for lts, 50 cents for ages 12 to 18. Hours are 10 to 5 daily, t admittance at 4 P.M.

THE METROPOLITAN MUSEUM OF ART

Magnificently illuminated *Book of Kells is on loan from Trinity College, Dublin*

500-year-old *cross is protected by glass casing*

A free Saturday concert-lecture series accompanies the show on March 11, April 1 and 22, and May 20. A group dressed in fifteenth century Irish costumes and playing replicas of early Irish instruments will demonstrate Gaelic music at 2 P.M. in the Hearst Court.

In addition, art lecturer Elfriede Preger will give free 1½-hour slide talks on the exhibit throughout the month, beginning at 7 P.M. at the following library branches: Excelsior, 4400 Mission Street (March 7); Parkside, 1200 Taraval Street (March 8); North Beach, 2000 Mason Street (March 15); Richmond, 351 Ninth Avenue (March 21); Marina, Chestnut and Webster streets (March 29).

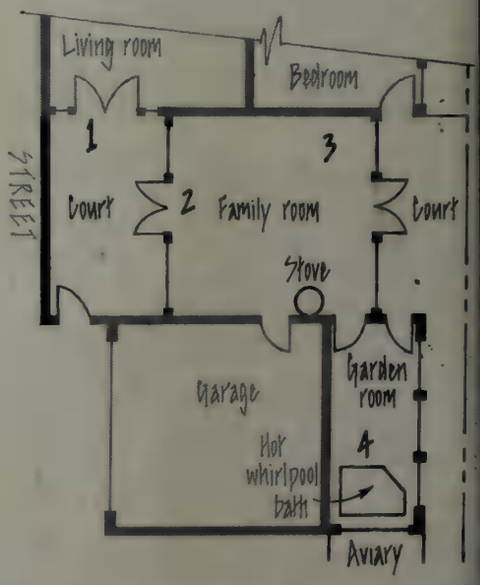
Outdoor space *between house and garage (above) was enclosed by extending the house roof and building two walls; the siding from end wall of house was recycled for the new streetside wall (below) to give continuity and cut costs. Sliding glass door from living room was replaced with French doors leading to walled court; bedroom window on far right side of house (above) became a door leading to other court and garden room*

1 · *Streetside court is open to sky but walled for privacy. It's the only access from living room to new family room; guests can also enter court from the street*

2 · *Clerestory windows slide open to vent heat. Ceiling fan works on a dimmer switch that controls speed*

New "between" room

In tight-space Manhattan Beach, it joins house to garage. It's flanked with two courts and a garden room



Numbers *on floor plan relate to remodel areas in photographs above and right*

JERRY FREDRICK

3 • *Mexican-tile floor holds sun's heat, warming new room that rises to 16 feet at center of tongue-and-groove cedar ceiling*

4 • *Ferns and bromeliads love the humidity when garden room's hot whirlpool bath is in use. Doors lead to new room and a court*

Space is at a premium in Southern California beach towns and home owners who want more of it have to use some ingenuity. Often the way to go is up. But for Pam and Tony Arce of Manhattan Beach, the answer was "between."

They filled the space between their house and garage with a big entertainment area—a 20 by 20-foot family room with outdoor courts on either side (see diagram at left). And between their garage and one property line they squeezed in a new garden-room getaway.

When the Arces asked designer Gary M. Boone to draw up some ideas, a concrete pad stretched from house to garage—an outdoor area open to the street on one side and with a plant-sheltering lath structure along the property-line fence.

First step in remodeling was to tear out the concrete pad and pour a new foundation for two side walls. To provide a continuous roof line, the main beam of the new room was tied into the main beam of the house.

Paned windows and French doors, set between fir posts and beams in the two side walls, give the new room plenty of light. An old wood-burning stove supplements the sun's warmth.

On either side of the entertaining room are two private courts, paved with redwood boards spaced so that water from container plants can drip through. Posts, set in concrete, support the necessary beams and joists. The two courts, entertaining room, and garden room are all at house floor level.

The 12-foot space between garage and property line holds the 8-foot-wide brick-paved garden room. It boasts redwood walls, big windows, and a roof that gables off the garage roof. Alongside, an open-air walkway filled with plants leads to an aviary built of lath recycled from the old plant shelter. □

Living Easter baskets

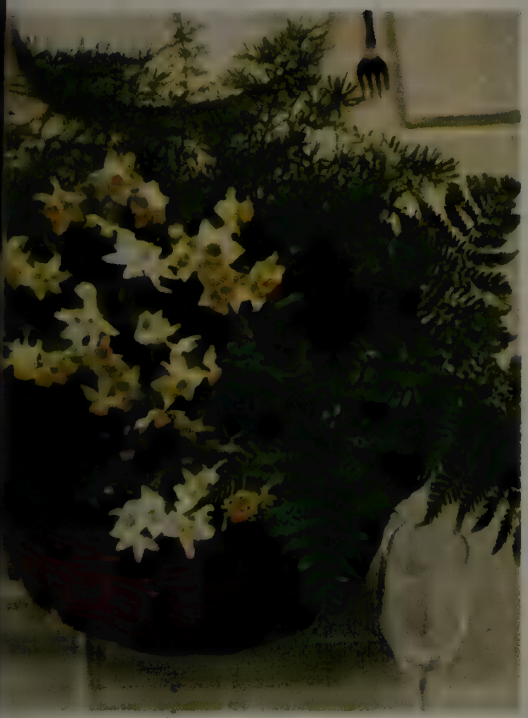
Some last. Some don't. Some are inexpensive. Some are not. Some are indoor. Some outdoor. Some indoor-outdoor. And all are stoppers

Easter egg hiding place: *Plastic-lined basket holds fairy primroses and white candytuft planted in soil n*

Instant bouquet *of potted primroses on a bed of pine shavings in a big straw basket. This is the basket on our cover*

Woodland basket *of potted ferns and mossy Selaginella sets the scene; flowering plants, like these polyanthus primroses, can be changed for the occasion. Under layer of sphagnum moss cover, plants are still in clay pots*

GLENN CHRISTIANSEN



Springtime centerpiece: *fresh-cut narcissus with potted green foliage plants*

Unhappily for the rabbit, *this newly-planted salad basket of lettuce and herbs is strictly for show now*

ooming Easter baskets are fun to put gether. They make colorful center-eces for holiday meals or an unusual rangement to place on a patio or door-ep. Best of all, they're a cheerful re-inder that spring has come.

ll you need is a stout woven basket, me flexible polyethylene sheeting to e it, and colorful plants to fill it. Here d on the following pages we show ese materials, as well as some arrange-ents and how to put them together.

You may find everything you need—even the baskets—at a well-stocked nursery. Look for the polyethylene sheeting in the garden supplies section, where it's probably sold as clear plastic mulch. If you don't find it there, hardware or paint stores offer it as dropcloth material—by the foot, sheet, or roll.

You'll get plenty of inspiration when you see the nursery's display of spring-flowering plants. The greatest selection is usually in "instant color" bedding plants: 4-inch pots of blooming calendulas, cinerarias, English daisies, dianthus, pansies, perennial candytuft, primroses, sweet alyssum, and violas.

Also browse through the plants sold in cell-packs and flats: Vegetables, herbs, and flowering ground covers can add different colors and leaf textures to your Easter basket.

Certain flowering plants, such as cyclamen, miniature roses, and container-grown daffodils, hyacinth, and tulips,

have been raised in greenhouses; they generally last longer in indoor arrangements than plants grown for use in outdoor flower beds.

From the house plant section, pick small well-developed foliage plants (in 2 or inch pots) to use indoors. Lush green ferns and tender terrarium plants are fine, but for really easy-to-manage foliage plants, choose ferny-looking asparagus plants and small-leafed forms of English ivy.

Assemble your living baskets a few days before Easter if you use already-blooming plants. Add cut flowers and outdoor bloomers (like the narcissus and potted primroses we've used for centerpieces) to your indoor arrangements last, since they'll stay fresh for only a few days.

There are two ways to put baskets together. One is direct planting, where baskets are filled with soil and used like any other decorative planter. Of our examples, the flower basket on page 9 and the salad basket on page 95 are planted this way.

Or simply arrange plants, kept in their own pots, in a basket—as we've done with the three flower baskets on page 95. With these, you use soil as a filler—to raise the level of pots inside the basket and fill space between them. (Substitute lighter-weight material such as perlite, fir bark, or wood shavings for the soil, if you prefer.)

Some baskets you may want to finish off with sphagnum moss. It evens out exposed surfaces that foliage may not cover and gives a planted look to baskets full of pots.

Arranging plants in their own pots means you can take them apart or rearrange them easily. And since these baskets may have little or no potting soil added to them, they usually weigh less. However, none of the baskets is really portable or lightweight: Those in the color photographs, for example, weigh from 10 pounds for the cut-flower centerpiece to 32 pounds for the giant flower basket.

Take care of living baskets as you would any other container plants: Water as needed and pick off spent flowers and leaves. Keep in mind, though, that the plastic-lined baskets have no holes for drainage, so water carefully and don't let plants get waterlogged.

Low and broad *is best basket shape. Plastic sheeting is for lining baskets, soil is for filling. Florist's foam lets you plant fresh-cut flowers among growing plants. Sphagnum moss covers up things like pots, plastic, foam*

re's one way to plant in baskets . . . directly into a deep layer of soil

1. *Line basket with plastic sheeting. Pour in enough potting soil to hold plastic in place, then trim plastic to just within basket rim*

2. *Add more potting soil, up to a few inches from rim. Turn plants out of nursery containers, arrange on soil surface, then plant*

3. *Full to the brim, our small basket holds a dozen young viola plants. (Total cost: a little less than $6.) Water lightly and it's finished*

DAVID STUBBS

Another way . . . using plants left in pots and maybe florist's foam and moss

Here you're simply using the basket as a pretty container to hold plants in small pots. Again, begin with plastic sheeting and spread a layer of soil as needed to lift the plants to display level. If you like, add cut flowers held in florist's foam (foil-wrapped to stay wet) and use sphagnum moss to cover everything you don't want to be seen

Easy to carry . . . it's an ottoman . . . it's a chair . . . it's a sleeping

It's a *shiki-buton*

The endlessly useful Japanese folding bed. To make one, allow for a weekend of sewing

Three foam cushions sewn inside a hinged cover make a *shiki-buton* (shee-kee boo-ton), the modern Japanese folding bed. But, as our pictures show, it's not just for sleeping. The portable cushion-stack works as an ottoman, chair, and extra mattress—for a child's room, family room, patio, or vacation cabin.

Making the cover calls for some sewing experience; allow a full weekend to complete the project.

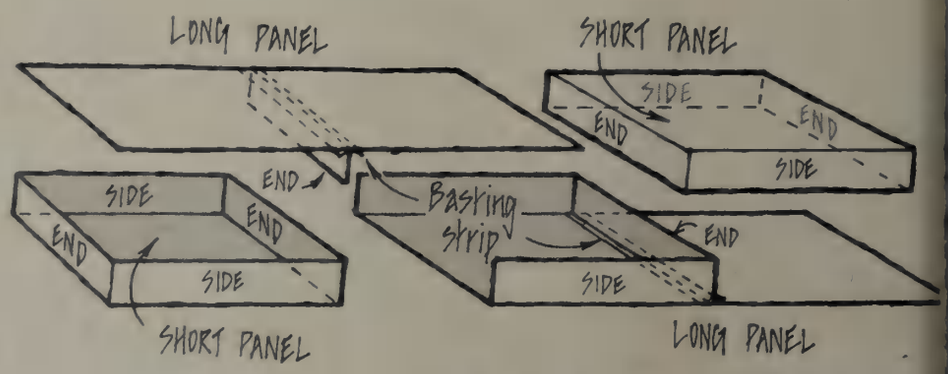
Our version—a size that's ample for adult use—is made from three 5-inch-thick foam blocks, each 26¾ by 30 inches. You can get three blocks this size by buying half a queen-size mattress ($25 to $40 at foam stores). Ask to have the mattress cut in half lengthwise, then crosswise in thirds.

For the cover, choose sturdy fabric—heavy cotton duck, corduroy, denim. You'll need 5½ yards of 45-inch-wide fabric. (To make one like ours, buy 3 yards solid, 2½ patterned.) For a snug fit, the cover is sewn 1 inch smaller overall than each cushion.

On a single thickness of fabric, mark out your pieces very carefully, particularly if using a fabric with directional design. Label each piece after it's cut. You'll need:

- 2 long panels, each 30 by 52½ inches (1 solid, 1 patterned, if you choose)
- 2 short panels, each 26¾ by 30 inches (1 solid, 1 patterned)
- 6 side strips, each 6 by 26¾ inches (4 solid, 2 patterned)
- 6 end strips, each 6 by 30 inches (4 solid, 2 patterned)
- 2 basting strips, each 1½ by 30 inches

Note: We allow for ½-inch seams *throughout*, and recommend backstitching at the beginning and end of each seam for strength.



Here's how *the elements of a shiki-buton align and are stitched togethe Each long panel covers the center cushion and one end cushi*

Begin the end cushions. The first st is to make the two open boxes for t end cushions (see drawing). For eac use a short panel, two side strips, a two end strips. With right sides togethe sew a side strip to each 26¾-inch si of the panel, leaving ½ inch open each corner. Then, with right sides t gether, sew an end strip to each 30-in side of the panel, again leaving ½ in open at each corner. Press all sean closed onto the panel.

n right sides together, box corners oining adjacent side and end strips, ing ½ inch open at the free end of seam. Trim seams to reduce bulk.

eat for other box. Set aside the two ially completed end cushions.

n the center cushion. Take a long l, fold it in half across its width, press a line; unfold. Press a basting in half lengthwise; unfold. With ng sides together, hand-baste the er of the basting strip to the center he panel, matching fold lines. Then h a line ⅛ inch from each side of basting and parallel to it; remove ing. (The basting strip gives reinement where cushions hinge.) Mid- between the two lines just stitched, into both pieces of fabric exactly ½ at each end.

eat, sewing the other basting strip e other long panel.

t, take one of the two end strips not used and, with right sides together, h it to either side of the basting strip ne panel. Sew as close as possible to of the lines of stitching that attached basting strip, and leave ½ inch open ach end of the seam.

Repeat to attach the remaining end strip to the other long panel.

You should have two side strips left. Position them across from each other on one of the panels, as shown in the drawing. With right sides together, start ½ inch from the free end and sew right up to stitching on the basting strip. Press seams closed onto panel; box corners by joining the side strips to the end strip, leaving ½ inch open at the free end of each seam. Trim corners. This will give you one long panel with two side strips and one end strip.

Attach end cushions to long panels. Take one of the partially completed end cushions and, with right sides facing, stitch its end strip to the basting strip on one of the long panels; leave ½ inch open at each end of the seam. (For a good fold, this stitching must be very close to the stitching that attached the basting strip to the panel.)

Repeat, attaching the other end cushion to the basting strip on the other panel.

Complete the end cushions. Continue attaching each end cushion to its long panel, right sides together, along one side and the free end—this will leave the other side open for inserting the foam. To stitch the one side, start ½ inch from the free end of the panel and sew right down to the reinforcement stitching that attached the basting strip (this is a bulky area; pin the rest of the panel fabric out of the way).

Repeat with the other end cushion and long panel.

Complete the center cushion. Take the long panel that has a free end strip attached to its basting strip. With right sides together, stitch this end strip to the free end of the center cushion on the other panel; leave ½ inch open at each end of the seam. Box the two corners. Continue attaching the center cushion to the panel by sewing, right sides together, along one side and the other end. This leaves a side seam open for inserting foam.

Insert the foam. Trim seams in bulky areas. Carefully work foam into cushion covers. Since the foam will drag against the fabric, wrap a length of lightweight nylon or polyester around the foam so it will slip into each cover more easily; remove wrap after foam is positioned. Hand-stitch cushion covers closed. □

'Patio'
Handsome upright growth when staked. Ripened last. Fruit the largest, very good. Placed 4th

'Pixie'
Good upright growth when staked. Ripened very early. Good flavor and texture put it in 2nd place

'Salad Top'
Didn't need staki and probably co have been grown in a smaller container. Rated number 5 in taste

'Early Salad'
Sprawling, would be good in a hanging basket. Ripened first. Judges ranked fruit from tart to good, but seedy. Placed 7th

BILL

Some tomatoes are just right for pots

Here are eight... with their fruits shown life-size. It's time to start them from seeds

Some of today's tomato varieties wer developed especially to be grown in co tainers. We tested eight such varieti last year. Here you see how they gre and their fruit—shown life-size.

This is the month for gardeners at lo elevations to start tomatoes from see Here's the timetable we followed.

Right now. Buy seed at a garden sto or order from any of the mail ord firms listed in the last paragraph.

March 15 to 31. Put packaged pottin mix in 4-inch pots. Soak it. Plant tw tomato seeds in each pot. Keep pots i greenhouse or under fluorescent lights c in a south window. After germinatio pinch off weakest seedling. Keep th pots moist.

hen the soil is warm. Planting time. t 4-inch pots outdoors for four days d nights to harden off seedlings (move em to shelter if it gets too hot). Then nsplant each seedling into a 4-gallon ntainer with the same potting mix plus ned-release tomato fertilizer. Keep the ntainers in a sunny spot and water gularly.

early summer, we lined the tomatoes and took their portrait. Eleven judges er sampled the fruit.

e variety of shapes, sizes, and textures s surprising. Some were erect enough hold themselves up, others needed king, and others obviously should be own only in hanging baskets.

me set and ripened fruit earlier than others. 'Toy Boy' and 'Early Salad' had ripe fruit 72 days after transplanting; 'Patio' ripened its first fruit 94 days after transplanting.

All produced lots of fruit. 'Pixie' had least but still managed to come up with 56 good-sized tomatoes; 'Small Fry' produced an astonishing 300 ping-pong-ball-sized fruits.

Our judges were unanimous that all varieties tasted much better than what's available in markets, but they also thought some were tastier than others.

Choosing just one to plant would be a hard job. We suggest that you plant at least three different kinds for a variety of sizes, tastes, and times of ripening.

You can grow these tomatoes in any kind of container, but only 'Salad Top' and 'Tiny Tim' should go into containers smaller than 4 or 5 gallons. In our test we used a commercially packaged soil mix commonly available at nurseries and blended a timed-release food into it. We also fed lightly with a liquid fertilizer every two weeks.

The tomato seeds came from these sources: Burgess Seeds, Box 3001, Galesburg, Mich. 49053 ('Early Salad' and 'Salad Top'). Burpee Seeds, Box 748, Riverside, Calif. 92502 ('Pixie' and 'Tiny Tim'). Olds Seeds, Box 7790, Madison, Wisc. 53707 ('Small Fry' and 'Toy Boy'). Stokes Seeds, Box 548 Main Post Office, Buffalo, N.Y. 14240 ('Patio and 'Tumbling Tom'). □

A woolly lamb for Easter breakfast

It's made of sweet roll swirls. And our recipe makes two lambs. One for you. One as a gift

1 • *Cut cinnamon-spiral roll into 20 even slices for bread lamb's curly wool body*

2 • *Flatten a ball of dough for the head, tuck ears underneath, shape eyes and nose from scraps*

3 • *Position head so it touches lamb's body; tuck legs and tail underneath cinnamon swirls as shown. Brush lamb lightly with beaten egg white before baking*

As tempting as if it were golden, t sugary fleece on this lamb-shaped bre is sure to please anyone on Easter mo ing. And since cutting such a ten bread would squash it, the lamb's cu provide obvious places for pulling apart instead—as the young lady at ri is about to do.

This doughy creation looks elabora but it's a breakfast bread that's easy put together. Simply prepare and range rows of cinnamon sweet rolls i the shape of a fat woolly lamb. Th fashion the head, legs, and tail from t same easy-to-handle dough (we sh you how at left).

Our recipe makes two large bread lam so you could serve one with East breakfast or brunch, then give the se ond one as a gift. Or you can freeze t second lamb to serve later.

The breads are best served warm wi the orange-flavored icing still melti over the top. However, you can ba them a day ahead, then reheat and a frosting just before serving.

Cinnamon Roll Lamb

- 2 packages active dry yeast
- About 4½ cups all-purpose flour, unsifted
- 1 cup milk
- ⅔ cup sugar
- ¼ cup butter or margarine
- 1 teaspoon salt
- 2 eggs
- 3 tablespoons melted butter or margarine
- 1 tablespoon ground cinnamon mixed with ½ cup sugar
- 1 egg white beaten with 1 teaspoon water
- Orange sugar glaze (recipe follows)

In the large bowl of an electric mix stir together the yeast and 2 cups of t flour. In a saucepan, heat the mil the ⅔ cup sugar, the ¼ cup butt (cut in chunks), and the salt to 120° 130° (the butter need not melt co pletely). Gradually add to the yeast mi ture and blend until smooth. Add t

GLENN CHRISTIANSEN

imsical lamb *pulls apart easily into individual cinnamon rolls; eat the unfrosted head, legs, and tail with jam or butter*

s and beat at medium speed for 3 nutes, scraping the bowl occasionally. th a heavy-duty mixer or wooden oon, stir in enough of the remaining ur (about 2 cups) to form a soft dough. rn dough out onto a floured board d knead until smooth and satiny, out 5 minutes. Add flour as needed to vent sticking. Turn dough over in a ased bowl, cover, and let rise in a rm place until doubled in size, 1½ 2 hours.

ach down dough and divide in half 2 lambs; return one portion to the wl, cover, and let stand at room nperature while you shape the first nb. Pinch off about ¼ of the dough rtion and set aside for the head, legs, d tail. On a lightly floured board, roll remaining portion of dough into a by 15-inch rectangle. Brush evenly h half the melted butter and sprinkle h half the cinnamon-sugar mixture. Starting with a wide edge, roll up dough jelly-roll fashion. Moisten edge with water and pinch it snugly against the roll to seal. With a sharp knife cut roll into 20 slices, each about ¾ inch thick.

On a large greased baking sheet, arrange the slices side by side in 4 rows, as shown in step 3. Place 4 slices in the top row, 5 slices in the second, 6 in the third, and 5 in the bottom row. For the legs, tail, and ears, use about half the reserved dough. Roll it about ¼ inch thick and cut out the pieces with a sharp knife. Tuck the legs and tail under rolls as shown.

Gather together the remaining dough and form the head, using scraps to shape the nose and eyes. Set eyes, ears, and nose in place as shown in step 2. Then position the head next to the body as shown in step 3. Cover lamb lightly with plastic wrap; let rise in a warm place until puffy, about 25 minutes. Repeat procedure to shape second lamb.

Brush entire lamb lightly with the egg white mixture. Bake in a 325° oven for 20 to 25 minutes or until nicely browned. If some parts begin to brown too quickly, cover them with pieces of foil. Remove lamb from oven and carefully loosen from baking sheet by running a long spatula underneath; then gently slide bread off onto a rack. While still warm, drizzle lamb's body with the orange sugar icing (recipe follows) and serve.

If made ahead, let bread cool completely (don't ice it) and wrap airtight. To reheat, place unwrapped bread on a baking sheet. Cover loosely with foil and heat in a 350° oven for about 10 minutes or until warm. Then drizzle with the icing and serve. Makes 2 lambs.

Orange sugar icing. Beat together until smooth: ½ cup unsifted powdered sugar, 1 tablespoon milk, and ¼ teaspoon orange extract. □

Delicate bloom *of Douglas iris sends its purple flower only a few inches high on windswept grasslands*

Sea-cast sculptures *off Point Reyes headlands dot rugged coastline. Hikers cross ridge by ocean overlook to return to trailhead*

GREGG MANCUSO

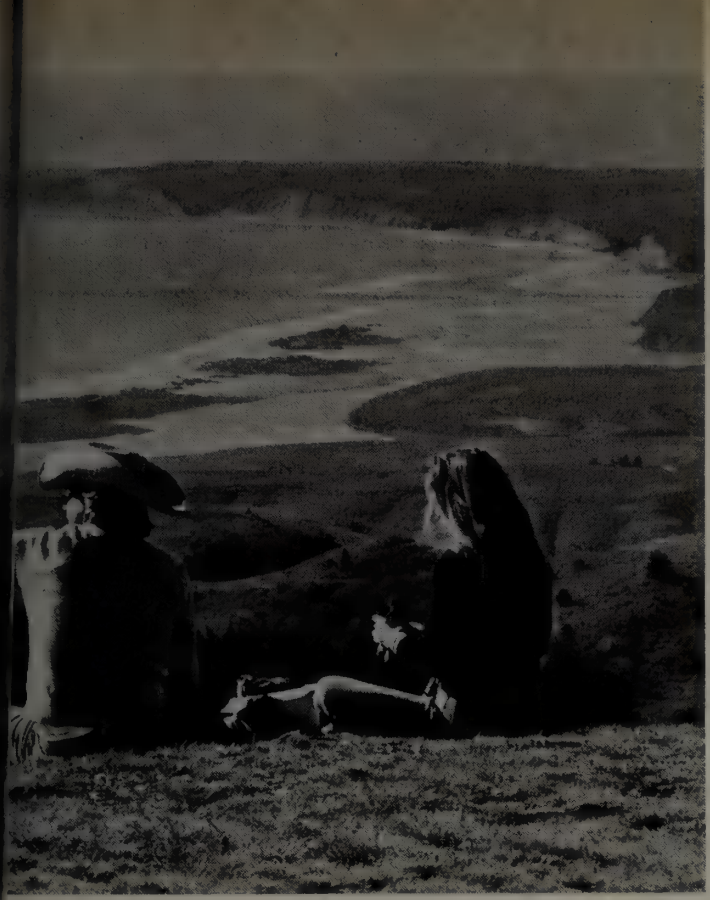
On a clear spring day, *the often-fogbound Point Reyes peni*

DAVID STUBBS

Swollen *from winter rains, Alamere Falls drops to breakers below. Low tide reveals coarse sand, driftwood. Fragile cliffs make beach inaccessible*

Green-again Marin

Here are four Point Reyes hikes to celebrate 1978's verdant spring
...1½ to 10 miles, 1½ to 6 hours, all easy going



ies out for these hikers on Mount Wittenberg

elcome winter rains have turned brown ls to green and dry gullies into streams ain in northern California. Marin unty's Point Reyes National Seashore, hour's drive north from San Francisco, is an excellent spot to celebrate e return of a verdant spring.

ou'll find wildflowers beginning to dot e grasslands and hillsides, and vernal eams tumbling to the sea. You're also t to see waterfowl and perhaps a grating whale, along with such year-und residents as axis, fallow, and na-e blacktail deer, foxes, eagles and wks.

nd spring is the best time for clear skies he area is fogbound in summer and ormy in winter) that open up the sights oint Reyes is known for—the dramatic terplay of land and sea.

ere we list four day hikes, covering but of the more than 100 miles of trails the seashore. These four are not the ost-traveled trails. But by hiking over eir easy terrain, you're more likely to counter the attractions the park has to ffer during spring.

ou can purchase a contour map show-g all park trails, along with trail guides d nature books, at the park head-uarters at Bear Valley (a good starting oint). To get to the park, take U.S. ighway 101 north from the Golden ate Bridge about 11 miles to the Sir rancis Drake/San Anselmo exit; pro-ed west on Sir Francis Drake High-ay all the way to park headquarters.

here are no fees or permits required r day hiking, but there are a few rules: on't bring dogs, carry your own water, and stay back from the cliffs. Also, carry a sweater or jacket in case the wind picks up in the afternoon. And don't forget your binoculars.

All mileages indicated are round trip. Our time estimations allow a relaxed pace, with stops for lunch, photography, and enjoying the view. You can purchase picnic supplies in Olema, Point Reyes Station, and Inverness.

Chimney Rock Trail, 1½ miles in 1½ hours. This trail affords you the best view of the Point Reyes headlands, 4 miles of cliffs rising up to 500 feet above the sea (see map above). It follows a flower-speckled ridge to two vista points: At Ocean Overlook you get a view of the jagged headlands. Gray whales migrating north are often sighted here. At Chimney Rock you'll find bluffs colored bright red with tryboxia algae, a colorful contrast with the green hills, blue sea, and white sandstone cliffs just across Drakes Bay.

Begin hiking from the parking lot, 1¼ miles down Chimney Rock Road from Sir Francis Drake Highway.

Mount Wittenberg Loop, 4 miles in 2½ hours. An easy climb to the highest point in the park (1,407 feet), this trail offers a 350° view from flowered hills. On the way up there are two junctions; take the higher fork to reach the top. Leave the trail and climb the last 100 feet to the top for the full-circle view of Tomales Bay, the Olema Valley farmlands and forests, and the San Francisco Peninsula, as well as every facet of Point Reyes—esteros (estuaries), beaches, cliffs, and breakers.

The trail drops to Sky Camp to the west (with 12 picnic tables, a good spot for lunch if it's too windy on top) and rejoins the original trail ¾ mile from the parking area.

You'll find the trailhead on Limantour Road 4½ miles from the junction with Bear Valley Road north of Olema. Park on the shoulder by the gate across the fire road/trail.

Alamere Falls Trail, 8½ miles in 5 hours. The trail leads to a series of cascades on swollen Alamere Creek that ends in a spectacular 50-foot drop to the sea.

Watch for jays, wren-tits, and finches among the lupine and foxglove that bloom amid the coastal scrub for the first 2 miles of the trail. Then you come to Bass Lake—surrounded by Douglas fir, it's a good sheltered picnic spot if the wind has picked up. A spur trail leads to the meadow on the north shore.

North of Pelican Lake, follow a spur trail that leads to the top of Double Point. With views of the lake, only 200 yards from the crashing surf, this is the better picnic spot when it's not windy. Sea lions may be basking on the beach below.

Get back on the main trail and look for a small trail on your left after you've crossed the creek. It leads to the falls. The beach is inaccessible; don't attempt climbing down these crumbly cliffs.

To reach the Palomarin leave State Highway 1 at the northern end of Bolinas Lagoon on Olema Bolinas Road. Go 2 miles south to Mesa Road. Turn right and proceed 4½ miles to the trailhead at the road's end (the last ½ mile is unpaved).

Estero Trail, 10 miles in 6 hours. This trail, on open grasslands, affords you a good chance of seeing wildlife. Fallow and axis deer roam the fields; waterfowl abound in the estuaries below the bluffs; sharks, skates, and rays cruise in the clear shallows. The middle section of the trail fades out—just follow the bluffs to Drakes Head for a dramatic view of Limantour Beach. You'll have no trouble finding the trail at Drakes Head, where it reappears for the hike back to your car.

The trailhead is about a mile down Home Ranch Road from Sir Francis Drake Highway 5 miles west of Inverness. A sign, "Estero Trail," marks the left turn. □

Generous island *(2½ by 11 feet) serves as table for family meals and snacks and a refectory-size work area for the cook. Lowered arch ceiling (made like the hull of a boat) gives a sculptural quality to room*

Corner view *of original kitchen suggests how cluttered it looked*

Airy spaciousness in what was once a gloomy maze

What is now the cooking-entertaining area of this 1920's house began as a labyrinth of dark rooms: pantry, servant's back stairway, kitchen, bathroom, and maid's room. Owners Dr. and Mrs. Frank McKnight of Berkeley found little use for this maze, but they did need light and living space for themselves and their two young children.

Working within the original exterior walls, architect Daniel Solomon of San Francisco designed a plan to open rooms to each other and to the garden. He removed some light-blocking walls altogether (the fireplace now stands alone between the kitchen and dining room) and used clean-lined windows and doo liberally. To save costs, original plumb ing and vents remain.

The dining room's old double-hung sas windows are gone, replaced by large aluminum-framed windows and Frenc doors. The garden becomes part of th house, framed in a parklike view requi

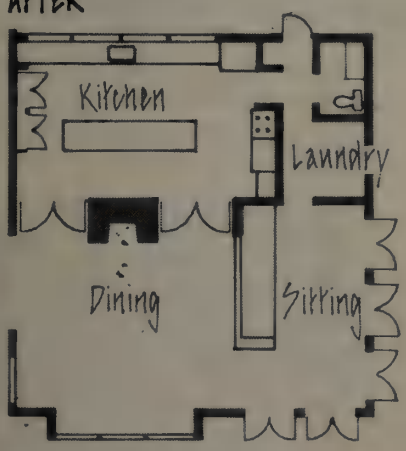
rs swing *either way, so you can go igh with a load in your arms*

New aluminum-frame *windows are 6 feet 8 inches high, allow light to flood previously dark dining room. Three face garden on north, one faces east (shaded by overhang)*

DARROW M. WATT

BEFORE

AFTER



Where wall was, *built-in sofa acts as low divider between dining and sitting room. Sofa's dark band is blue laminated plastic that resists water and fingerprints, gives bold graphic character to room*

neither draperies nor shades. Mature s and shrubs let light filter in without sun's glare.

the kitchen each lower window sec- cranks out for ventilation. Five nch doors open to a deck and garden vs outside the sitting room.

pended-arch ceilings in both the kitchen and dining room are clear Douglas fir 1 by 6's nailed to a plywood frame hanging from the existing, 10-foot ceiling's joists. Each 1 by 6 has a notched edge (painted black) that creates a ⅛″ accent groove between the boards.

Sue McKnight especially likes the big new kitchen island. She says, "I spread out the ingredients for five casseroles or five dinners. It's a restaurant approach to cooking, so you don't have to cook every night. The casseroles are frozen until needed. We eat all our meals at the island, and when we entertain everybody ends up in here—and there's still room for two cooks plus the guests." □

What's so special about the old roses?

Vitality. Fragrance. Looks. And they're easy to live with

The 1978 *Joy of Gardening goes on sale this month. It features a dozen old roses*

Old roses are to rose growers what classic cars are to automobile collectors. They are good models still appreciated for their own unique merits, and still sold here and there by specialists.

One big difference, though, is that manufactured cars go back only to about 1903, while some old roses date back centuries. The six old roses shown on the opposite page range in age considerably. The oldest, Austrian copper, was introduced before 1590: the youngest, 'Cocktail,' became available in 1961.

Acquiring old roses is akin to acquiring classic cars, too. Old roses aren't sold at every nursery. Of the six in the photographs, four are rather easy to get: Austrian copper, 'Belinda,' 'Climbing Cecile Brunner,' and Harison's yellow. You can buy them from the six Western firms and eight Eastern firms listed on page 220. To get the others, you'll have to wheel and deal, perhaps with amateur collectors here in the West.

All six of the old roses shown here are noted for their vitality, drought resistance, and easy maintenance. Not one of them has either the flower or plant form associated with modern roses. Three are very fragrant; several make outstanding shrubs, even when not in bloom.

Austrian copper (*Rosa foetida bicolor*) **—introduced before 1590**

Grow this one for its unusually colored, fragrant, five-petaled flowers, which bloom in May and June, and, on an established plant, again in the fall. The plant grows 3 to 6 feet high and is relatively sparse. Prune it only to remove dead wood. It's exceptionally drought tolerant if grown on its own roots (not budded or grafted).

'Belinda'—1936

This is a Hybrid Musk rose—a type that grows and performs in half shade as well as in full sun. The 1-inch-diameter fragrant flowers in great clusters bloom off and on all through the rose year, like a Hybrid Tea. After blooming, it sets bunches of tiny red hips (fruits), useful in flower arrangements. Unlike the newer roses, no bloom is sacrificed by leaving hips on the plants.

'Climbing Cecile Brunner'—1881

Many people mispronounce this one: the middle word should rhyme with seal. Ultimately it becomes a big climber but you can restrain it by pruning regularly. Flowers are fragrant; big blooming time is at the peak of the spring rose season and it continues to flower a little through the summer and fall.

'Cocktail'—1961

Few rose dealers sell this one, so may end up acquiring it as a cu from a friend's bush. Its big bloo season comes in late spring, and th blooms off and on all year.

Harison's yellow (*R. harisonii*)**—183**

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R. sericea pteracantha—1905

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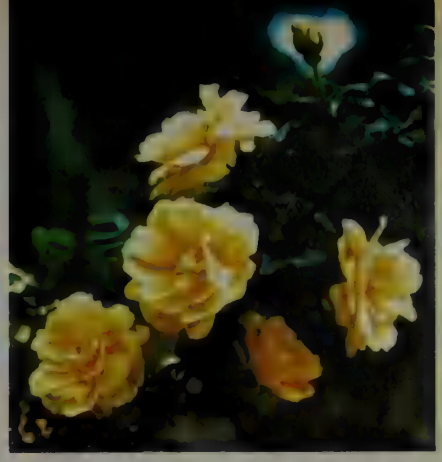

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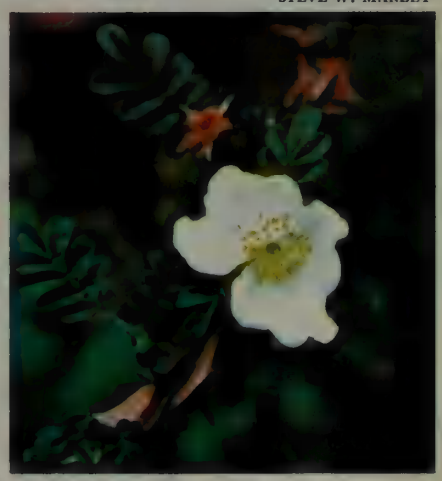
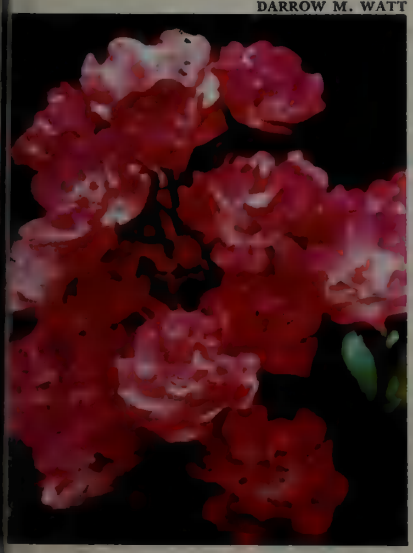
Austrian copper

STEVE W. MARLEY



R. sericea pteracantha

DARROW M. WATT



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'Cocktail,' *a single red climber, is very rare*

JERRY FREDRICK

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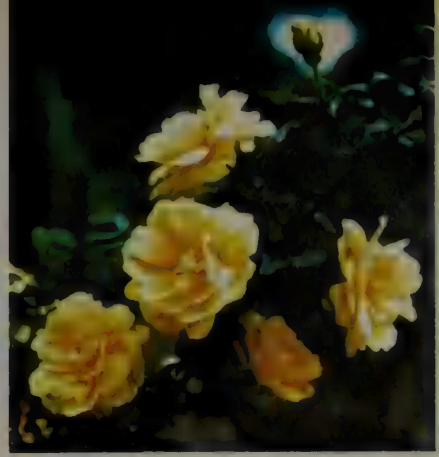

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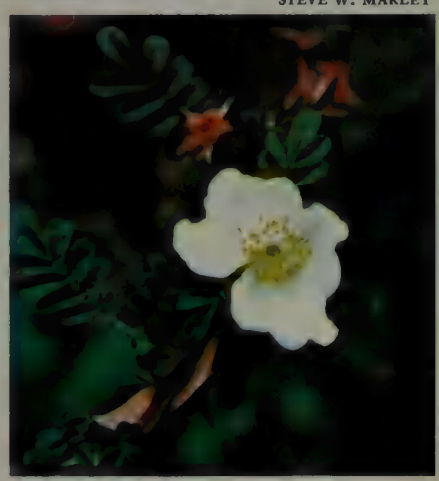

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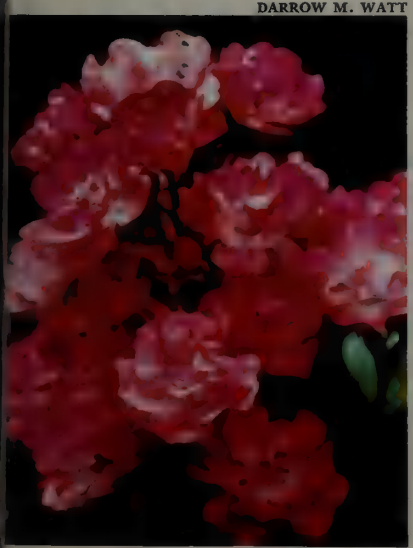

elinda'

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JERRY FREDRICK

GARY SORTUN

Before: *Steep stairs led down to bare backyard, without privacy and with no safe place for children to play*

After: *Garden is now fully enclosed by stout fence. Canopy design echoes sunburst pattern of upstairs window*

DON NORMA

A doorman *would feel comfortable under canopy of acrylic panels. Columns are stock items, as is balustrade. Raised beds keep playing children out of flowers*

Behind the finialed fence: new brick courtyard, entry with sunburst canopy

Developing a private garden on a 40-foot-wide lot in a closely built-up city neighborhood isn't easy. And how do you make a transition from a tall 1903 house to the garden?

These were the kinds of problems John and Rena Thompson of Seattle presented to architect Gary Sortun. His innovative design solutions make the most of every square foot of ground space.

For privacy from neighboring houses and a back alley, a solid 6-foot fence marks three lot lines. It's built with 4 by 4-inch posts set at 4-foot intervals and topped with decorative finials. Inside the garden, lattice panels of naturally weathered cedar fit between the posts, supporting a luxuriance of scarlet runner beans in summer. Outside, the fence is covered with patterned plywood. Fence, posts, and finials are painted a dark green to match the house.

The old back porch (see "before" photograph) with steep steps down to the backyard has been enlarged and rimmed with flower boxes. Its fanciful curved roof is made from acrylic plastic panels laid on a wood frame. They lap over each other like shingles to shed rain.

The shady planting bed close to the house holds ferns and rhododendrons: it's encircled by a mortared wall four bricks high. Setting the bed 2 inches out from the house keeps moist earth away from foundation and wood siding. Two pre-existing patio drains are now under the soil of the raised bed.

Underfoot, bricks laid in sand cover up the old cracked concrete patio. For planting beds along the base of the fence, the old paving was broken up and removed to allow cultivation of open ground. A new concrete retaining wall on the alley helps level the ground for beds and fence.

The Thompsons spent much of their budget on building the patio, porch, and a garage (one corner is visible in the view at center left). They now depend on less costly annuals for their flower-filled summer plantings, but intend to fill in with shrubbery as money and time permit. □

The Cadillac Commitment

It was true in 1912 when Cadillac was first to equip its cars with electric lights. It was true in 1928 when Cadillac was first to install laminated glass. It was true in 1954 when Cadillac was first to provide power steering as standard on its entire line of cars. And it is true today. Cadillac is committed to the pursuit of quality and excellence. We and our dealers never lose sight of the fact that people who drive Cadillacs and those who ride in them will be satisfied with nothing less.

The Changing Western Home®

DON NORMARK

Fabric-faced panels hide the clutter

Open cupboards often attract not-too-attractive clutter. San Diego architect Homer Delawie solved this problem with a pair of stretched fabric panels that cover two seldom-used bedroom storage compartments.

Frames of pine 1 by 2 were trimmed to fit inside the cupboard openings, wit ⅛ inch to spare all around. The boldl printed fabric was then stretched an stapled over the frames.

The panels are simply wedged int place; a small ribbon tab at the to permits easy removal.

BILL FAULKNER

Fancy frames from standard wood moldings

Elaborate picture frame molding can be more costly than the art you wish to display. One way to avoid this is to make your own fancy frames by gluing together inexpensive unfinished softwood or hardwood moldings from the lumberyard.

The lower photograph above shows some of the molding combinations presented in *Fun-to-make Picture Frames*, a 10-page booklet that fully explains how to assemble the frames (our top photograph shows glued cove and crown moldings being trimmed in a miter box) and also gives tips on finishing, mounting, and hanging pictures. For a copy, send 25 cents to The Western Wood Moulding and Millwork Producers, Dept. PF, Box 25278, Portland 97225.

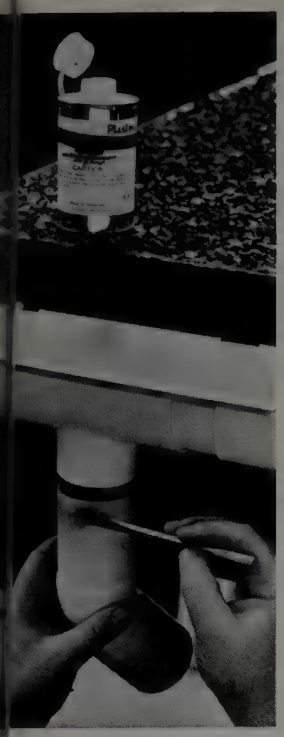
Shadow graphics in a living room

It's hard to say how or why Seattle architect Weldon Jean Skirvin came up with the idea of painting shadows on his walls, but the effect is at once attractive and amusing. The shadows also add a color accent, make wall hangings unnecessary, and accentuate favorite furnishings.

First, window and furniture silhouettes were traced on the wall in pencil. (Some liberties were taken to sim plify the shapes.) Parallelogram shaped borders were marked, the filled in with darker paint. Fo straight borders and bold shape masking tape was used; curves an details were painted freehand.

It's best, Skirvin says, to remove th tape while paint is tacky, then d touchups with a small brush.

DAVID STUBBS



How did your gutters handle the rains?

ıring the rainy season, you may have covered your rain gutters need at-ıtion. If they're leaking and not erting water the way they should, n't hesitate to repair them or you ght be faced with expensive repairs water-damaged eaves.

metimes you can repair galvanized el or copper gutters by using solder d a torch, or aluminum gutters by ıng a flexible latex compound.

ıt more often, gutters that leak need be replaced because they have sted or rotted through or have been oken by ladders or falling tree limbs. so, you have several choices:

uminum. It's an increasingly popular tter material because it doesn't rust t, because modern flexible butyl latex nt compounds facilitate installation, d because it can be extruded from t rolled material to any length by ing an on-site shaping machine like e one pictured above. It is also sold 10-foot lengths.

luminum is available with a baked-on amel finish which should last up to) years. Installed price is around $3 r linear foot.

alvanized steel. The most common ıtter material, galvanized steel is sold most hardware outlets in different zes and shapes with metallic or en-neled finishes. A 10-foot length costs $2.50 to $3.50. This material can also be extruded. Joints can be made with lead solder or butyl latex. Some professionals feel that flexible latex joints are better for expansion and contraction.

Redwood. At one time shaped redwood gutters were common, but today this is an expensive ($8 to $9 a foot), trouble-prone material that is hard to find and often isn't big enough to handle heavy rains.

Copper. For longevity, copper gutters are hard to beat. When correctly soldered together, they are strong and will never rust out. Their only drawback is price: They cost about $8 to $10 per linear foot installed—not to mention the corners and other fittings.

Polyvinyl chloride (PVC). This is the newest type of gutter on the market. The picture above left shows a snap-together product from Denmark which is welded together with a solvent glue, just as plastic water pipes are joined.

Because the plastic expands and contracts with temperature change, special brackets are used instead of nails and ferrules so the gutters can float freely along the eaves. Manufacturers claim this product isn't affected by most corrosives, ultraviolet light, or reasonable impact (even at subzero temperatures). Price per 10-foot length: about $6; fittings cost 50 cents to $8.

Care to share your child's room success story?

your child's room is more than the rdinary bedroom, we'd like to hear oout it. Does it solve problems of ght space or noise? Is it especially daptable to play and learning as well as sleep? How are clothes, toys, and equipment stored?

Please send your comments and snapshots to Child's Room Editor, *Sunset Magazine,* Menlo Park, Calif. 94025.

A firewood crib that's high and dry

If you're a regular firewood user, a sturdy rack for logs might make things easier. Arn Ghigliazza of Santa Cruz, California, used rough redwood 2 by 2's, 2 by 4's, and a scrap of ¼-inch plywood to build a 2 by 4 by 8-foot rack under the eaves of his house.

Three pairs of posts keep logs confined. The crib provides storage space below while it keeps the wood up off the deck. Raising the bed also reduces the possibility of insect infestation, allows drying breezes to circulate around the wood, and eliminates the need to stoop and lift heavy logs.

A good idea is worth repeating

If one pull-out bread board is an asset, then a pair of them is twice as helpful. That's the firm conviction of George and Diane Patracuola. When Thacher and Thompson of Santa Cruz, California, designed the Patracuolas' house, they were able to increase the limited kitchen counter surface area by at least 4½ square feet by building in side-by-side standard maple pull-out bread boards. (A strip of ash trim on each matches the cabinets.)

Two ways to have microwave and not lose counter space

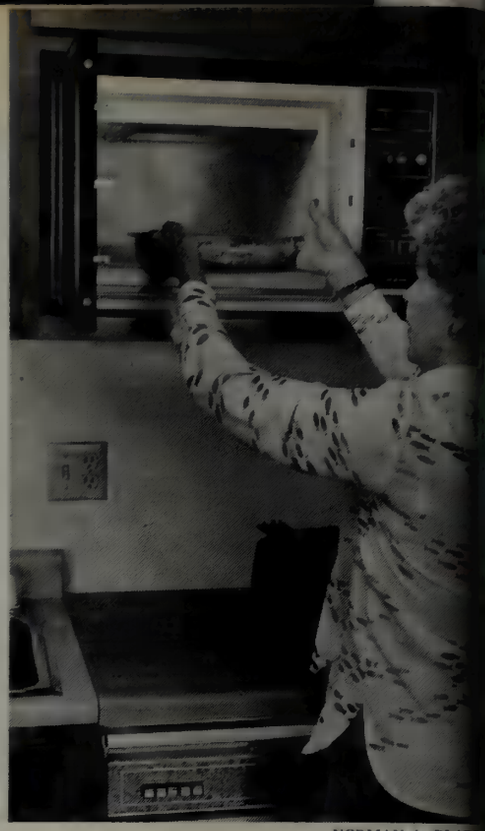
Adding a microwave oven to your kitchen usually means giving up valuable counter space. But if you are building or remodeling you might consider providing built-in space for it either above or below the counter. Here are two examples:

The Frank Wipfs didn't want their oven to take up counter space, nor did they want to do deep knee bends to use it. So an eye-level cabinet deep enough (17½ inches) to accommodate it was included in the design of their new kitchen. Architect was Philip Dinsmore, Architecture One Ltd., Tucson.

When Dr. and Mrs. Robert Slotnik moved they brought along a microwave oven they'd used in their last house. In their new kitchen, architect Robert Swaim of Tucson found space for both the oven and a microwave cookware drawer under a counter.

Kitchen cabinets below counters are usually 24 inches deep to accommodate a dishwasher or conventional oven; this is ample space for most microwave ovens, which are 17 to 20 inches deep. But placing one above the counter may not be as easy; overhead cabinets are usually only 12 to 14 inches deep. And keep in mind that most microwave ovens weigh 65 to 100 pounds, so the cabinet must be sturdy as well as deep.

It's wise to buy the oven before you build a special niche for it. All microwave ovens require open space around them (¾ to 1½ inches on all sides) to draw in and exhaust air. Read the installation instructions carefully for the exact specifications. ▪



NORMAN A. PLATE

Eye-level oven *in Cleo Wipf's kitchen is 20¾ inches above counter*

Under counter, *Slotnik oven leaves room for a large storage drawer*

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Natural simplicity.
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Kelvinator freezers (2) have Trimwall too. In both upright and chest models.

Most importantly, Kelvinator refrigerators and freezers already meet the California code, the strictest energy-efficiency standard in effect in the country.

Our stackable, roll-around laundry team (3) is a real energy and space saver. For bigger loads, there's our heavy-duty washer and dryer (4).

The Kelvinator dishwashers (5) are beauties. Portables or built-ins, they've all got real scour power.

Beautifully-crafted Kelvinator room air conditioners (6) blend

household help that early retirement.

right into your decor. There's a model for every size room.

Keep your home static-free and comfortable through the long winter months with a Kelvinator humidifier (7). Looks more like a piece of furniture than an appliance.

For areas where dampness and mildew are a problem, there's the Kelvinator dehumidifier (8).

Kelvinator offers both gas (9) and electric (10) ranges. Choose any kind of oven you want—one you can clean yourself, or one Kelvinator can clean for you. And this year we introduce our newest, the Kelvinator Microwave (11). Use it alone on any surface, or as a top oven with a Kelvinator electric, as shown.

Every Kelvinator appliance is crafted for efficiency and durability. And to save critical energy. A full line of home appliances of quality. Plus, this year, Kelvinator introduces stunning new natural colors to make them more beautiful than ever.

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REFRIGERATORS • LAUNDRY EQUIPMENT • ELECTRIC & GAS RANGES
MICROWAVE OVENS • DISHWASHERS • ROOM AIR CONDITIONERS
FREEZERS • GARBAGE DISPOSERS • HUMIDIFIERS • DEHUMIDIFIERS

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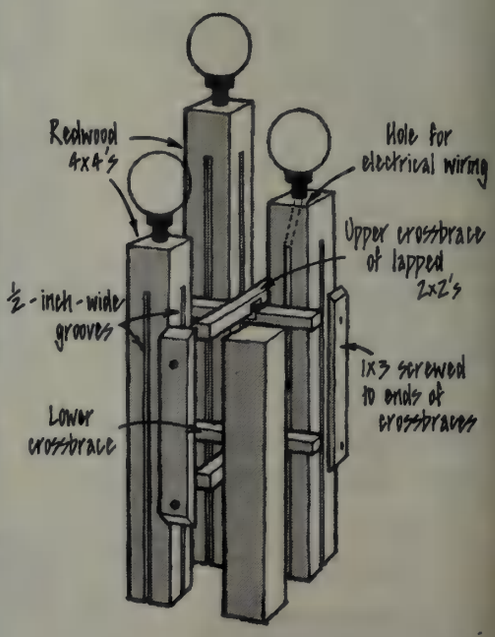
MARTHA WOODWARD

Entry light is a globe trio on redwood posts

Three posts *hold clear light globes; the fourth will someday support a ceramic sculpture*

Poking up from a clump of juniper, this redwood garden light guides visitors to the front door of Lyn-Rae and Jim Ashley's house in Palos Verdes, California. It's constructed from four 4 by 4's cut 45, 54, 60, and 72 inches long. Holding them in a tight cluster are two crossbraces made from 2 by 2's screwed together in a cross-lap joint.

Mr. Ashley first attached the crossbraces, 14 inches apart, to the shortest post with 3-inch woodscrews. Working his way around the light, he then attached the crossbraces to the next two posts, also with 3-inch screws. To secure the fourth post, he ran two 5-inch lag screws through the 4 by 4 and into the crossbraces. Beveled 1 by 3's are screwed to the ends of the crossbraces.



Then he creosoted the bottom 18 inches of the posts and sank the entire light fixture a foot deep in the ground, tamping earth firmly around the posts.

Vertical ½-inch-wide grooves cut in each side of the three light-bearing posts are more than a decorative touch: On each post one of the grooves was cut deeper than the others to carry electrical wiring up the post to a drilled hole leading to the light bracket and globe. A glued-in strip of redwood lath covers the wiring.

As a final step, all the redwood was treated with an exterior polyurethane finish. □

Building or Remodeling?

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See the many ways Pella Wood Folding Doors can make the most of the space you have and save money too. You can add a closet, divide a room or close off an area without changing your floor plan and without the expense of building stub walls and dropped headers needed for ordinary doors. So you save on building materials and labor. Pella doors are available in contemporary and traditional designs, in genuine wood veneers and wood grain vinyl. **To get your free color brochure, contact the nearest Pella Distributor listed below.**

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If Solarcool can tame air conditioning costs in Florida, think what it can do for the home you're going to build or buy. Why not write for a free copy of our Solarcool idea book: "Best Glass Under the Sun." PPG Industries, Inc., Dept. S-138, Suite 1309, 405 Montgomery Street, San Francisco, Calif. 94104.

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FINEST QUALITY
The stain for all reasons.

NORMAN A. PLATE

Wood dowel *drops in place to guide burlap shade; it's easily removed when the shade is up*

Burlap shades for sun control

Plants bask in the abundant sunlight afforded by greenhouse windows, but sometimes they need protection from the sun's direct rays. When the sun is too bright, Anne Perce of Orinda, California, covers her windows with burlap shades: The loosely woven fabric lets enough light filter in so plants thrive, but don't sunburn.

To make the shades, Mrs. Perce bought wooden spring rollers at a specialty shade store (look for such stores in the yellow pages under Window Shades), and had them cut to size for her windows. She cut burlap strips to fit the rollers, allowing for a small hem on each side, and a 1¼-inch hem at the bottom to insert batten. Before installing the shades, she attached the burlap strips to the rollers with thumbtacks spaced 3 inches apart.

On bright days, a 1-inch-diameter wood dowel is positioned across the angle of the greenhouse window to hold each shade in place. Small L-screws attached at each end of the dowel hook into screw eyes on the vertical wood beams. The burlap can then be drawn between the crossbar and the glass. □

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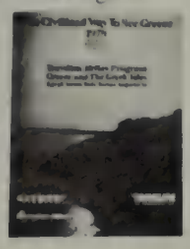

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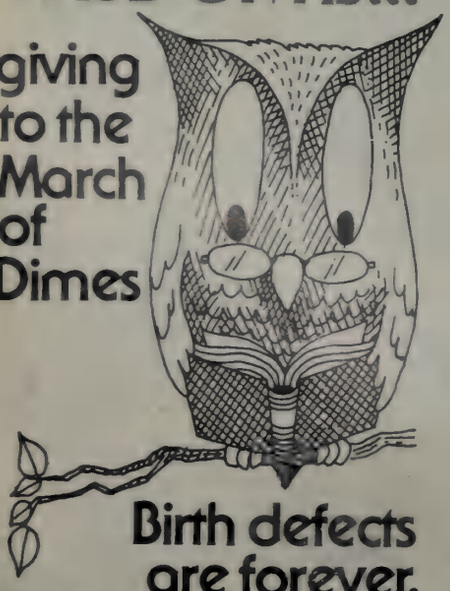
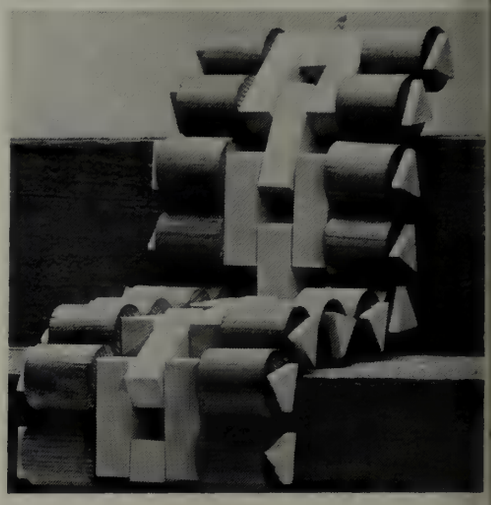


Birth defects are forever. Unless you help.

THIS SPACE CONTRIBUTED BY THE PUBLISHER

PETER O. WHITFLEY

When the 10 pairs *of wheels are piled in a pyramid, the levels rotate in opposite directions. Stretched out as at right, the toy slithers upstairs*

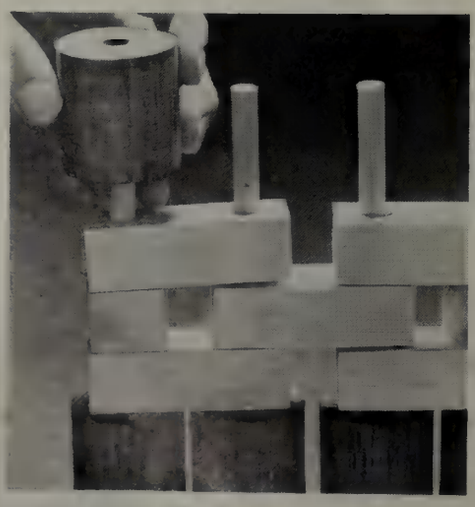


Wood toy rolls, climbs, stacks, slithers

A limber toy indeed! It climbs stairs, flattens out to follow you, and even stacks docilely in several patterns for dragging along.

The wood molding department of a lumberyard can provide all the components, at a cost of about $6. You should buy 4 feet of 1¾-inch pine dowel, 6 feet of ⅜-inch dowel, 4 feet of 1 by 1 square pine molding, and 4 feet of 3/16 by 1⅜-inch pine lattice.

Cut the large dowel into twenty 1⅞-inch wheels. Using a drill press or a hand-held drill with the wheels locked in a vise, drill ⅜-inch axle holes exactly perpendicular to the wheels. (It's not easy, so we've allowed enough dowel for four extra wheels if you make a mistake.) Sand the wheel ends, then stain wheels with a dark stain.



Loose-fitting *wood spacers separate each pair of 1⅞-inch wheels*

Cut the square molding into fifteen 3-inch pieces. Mark points on each length 9/16 inch in from the ends and drill ½-inch holes. (These wooden spacers keep the wheels equidistant from one another and allow each pair to pivot freely.) For the two ends of the toy, cut one spacer into two 1-inch pieces trimmed so each hole is centered.

The eye-catching triangular "spinners" are made by cutting the lattice into equilateral triangles (60° at each corner) measuring about 1¼ inches per side. Finish the triangles, wheels, and spacers with a clear, nontoxic sealer.

Cut the ⅜-inch dowel into ten 6¾-inch lengths. When the sealer has dried, glue them flush into 10 wheels. Add wooden spacers as shown, then glue 10 remaining wheels in place. Center and glue a spinner on each wheel. To pull the toy, attach a long piece of string to an eye-screw in a middle end spacer. • □

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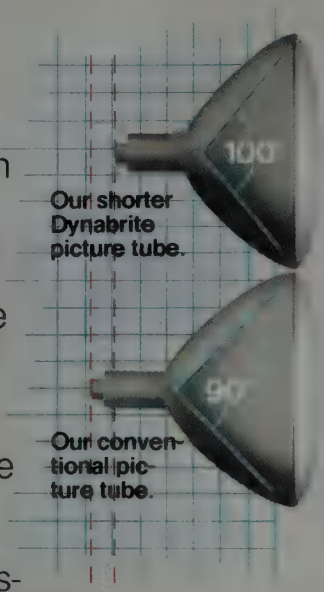

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Glue *three layers of overlapping 1-inch-wide ovals cut from paper towel; let dry between each layer*

DAVID STUBBS

Humpty Dumpty *and friends can sit on a wall, steadied by a filling of BBs*

Paint *with acrylic paints when glue is dry. For a glistening finish, coat with clear nail polish when paint feels dry*

Humpty Dumpty and eggy friends

Eggshells are the foundation of these jolly little characters. They can please as party favors, decorations, or amusing gifts. Best of all, your children can have fun making them this Easter.

With a darning needle, prick holes in both ends of an egg. Blow contents out into a bowl. Make one of the holes large enough for a BB and put 50 BBs or shot into the hollow shell to keep it steady. (One cylinder of 350 BBs costs about 50 cents at a sporting goods store.) Tape the holes to keep BBs from falling out.

Three layers of paper toweling applied with white glue make the shells tough and comparatively breakproof. Let them dry for an hour, then decorate with acrylic paints.

For a shiny finish, coat the decorated eggs with clear nail polish. Scraps of felt cut out and attached with white glue make appropriate additions: floppy ears for a rabbit, arms and feet for a fat lady, braids for an Indian princess. □

A button-by-button Norelco guide to buying the microwave oven that's right on the button.

PROBE

Probe. Using this button, you can cook by temperature. Simply insert the Temperature Probe into the food; tell the computer what temperature you want, and the oven will shut off automatically when it reaches that temperature.

DEFROST

Defrost. Tell the oven to automatically defrost before cooking and it will. This button will let you relax when unexpected guests arrive for dinner, and it can also be used as one of our four cooking cycles.

REHEAT

Reheat. A great idea! A cycle for those quick, every-day reheat jobs and a button that can also add up to 30 minutes of additional cooking time as one of our four cooking cycles.

COOK 1

Cook 1. The basic cooking cycle. Press it and you can cook food at whatever microwave power level you want, from 10% to 100%.

COOK 2

Cook 2. This is a second cooking cycle for use when food requires one level of microwave power to start with, and a second level of power the rest of the time. The 7500 automatically switches from Cook 1 to Cook 2.

DONE TIME

Done Time. Just tell the computer what time you want your food ready, before you leave home in the morning. The oven will then defrost, cook and stop automatically.

1–9

Selector. Here are the buttons you use to select whichever one of the ten variable power levels is required for your different cooking needs.

TIMER

Timer. This button controls an independent 30-minute kitchen timer which may be used anytime, even during the microwave cooking cycle.

CLOCK

Clock. This button sets the LED digital clock which also shows you the time of day, the cooking time or the temperature your meal is programmed for.

Plus an optional Cook Shelf that lets you cook different courses of a meal at the same time.

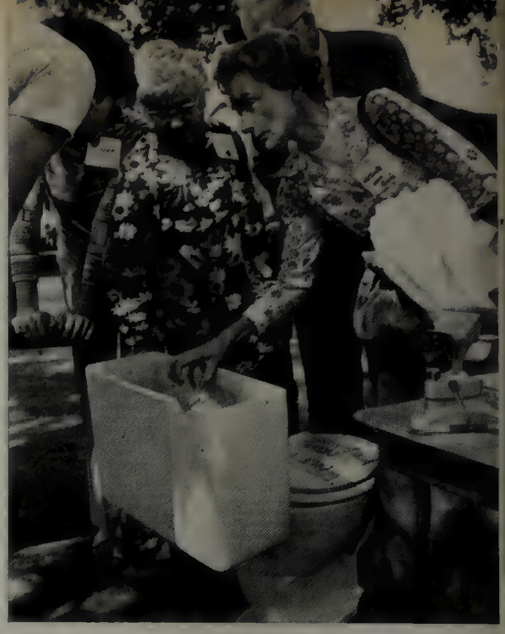
So if you're in the market for a microwave oven, take this guide with you. It'll help you prove that only Norelco has all the features that are right on the button for new and exciting cooking convenience.

The Norelco Dual Mode System 7500 Microwave Oven. It puts your finger on cooking features no other microwave can touch.

Norelco® ©1978 North American Philips Corporation, 100 E. 42nd St., N.Y., N.Y. 10017

PETER O. WHITFLEY

A favorite coffeepot *arrived in a paper bag. The concerned owner watches some rudimentary welding through protective goggles*



It's less of a puzzle *now that she's learned how to take her toilet apart and install water-saving devices*

Under the hood *is a place few but mechanics venture. He is dispelling some of the monster's mystery*

COMMUNITY ACTION:

At "The Joy of Fixing," people who know how-to-do-it share their skills with those who don't

In the dappled light under an oak tree, a well-dressed woman peered intently into the inner workings of a toilet. Nearby a group of home owners gathered around a young man demonstrating how to wire a circuit to a light switch. In the background, an old tractor driven by a woman in skirt and stockings sputtered around a clearing.

It was all part of a day-long fair called "The Joy of Fixing." The Stanford University Alumni Association gathered together a group of nonprofessional but highly skilled fixers to share their knowledge, experience, and secrets with a larger group of would-be fixers. The underlying philosophy of the fair was that doing your own repairs and maintenance can be economical, rewarding, and sometimes even fun.

With a little planning and lots of work, any group (PTA, home owners association, hobby club) could hold a workshop of its own. The Stanford fair offers some practical guidelines.

The organizers of The Joy of Fixing started with the question, "What goes wrong around the house?" From this grew a "bug list" which indicated the most useful kinds of workshops to hold: ones on plumbing, kitchen appliances, automobile maintenance, bicycle repair, furniture, light fixtures and household wiring, toilets, roof repair, radios and television, house plants, and even tractor repair.

Next they had to find an expert "fixer" for each problem. "People who fix things know others who fix things," said one of the organizers. Many fixer-demonstrators were linked in some way to Stanford University—professors, a doctor, an architect, graduate students, and a public

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PETER O. WHITELEY

Nervously delighted *driver steers one expert's handiwork. This 1943 Oliver was given up for dead, then restored with $12 in parts, love, and lots of elbow grease*

relations officer. There was even a "fixer family"—all six of them worked on cars and bicycles.

The organizers also searched the surrounding community for knowledgeable fixers—high school shop instructors, city inspectors, cooperative members, senior citizen groups, homemakers—whose advice is often based on years of experience and may be free for the asking.

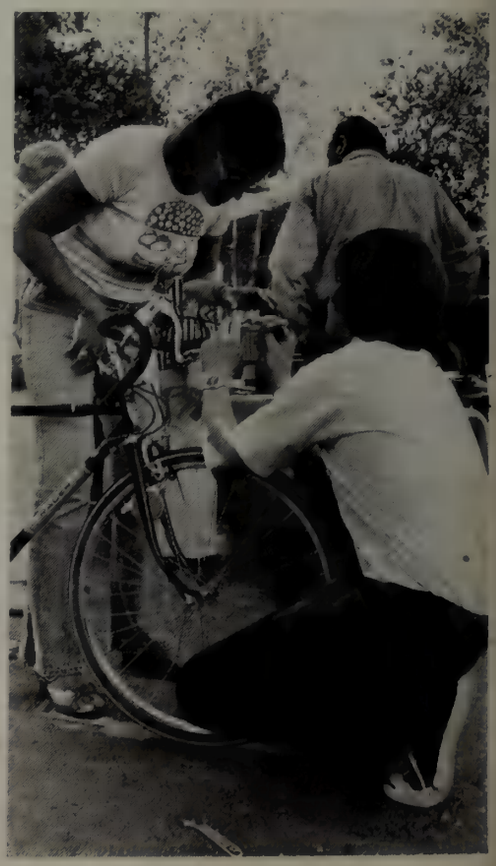
The fair was organized into two parts: a morning of discussions and an afternoon of workshops.

The morning discussions focused on recognizing and overcoming the fears associated with fixing—fear of irreparably damaging what you're trying to repair, fear of getting in over your head, fear of injury, fear of family ridicule (when the washing machine suddenly floods the house). To inspire confidence in the skeptics in the audience, several successful fixers spoke of their triumphs—a sociologist who repairs motorcycles, an anesthesiologist who restores antique gasoline engines, and a professor of mechanical engineering who completely rebuilt his home.

The talks revealed that people fix things for many reasons. A few fixers rise to any challenge, some simply hate throwing out old, familiar household appliances, while other fix out of a basic distrust of commercial repair shops.

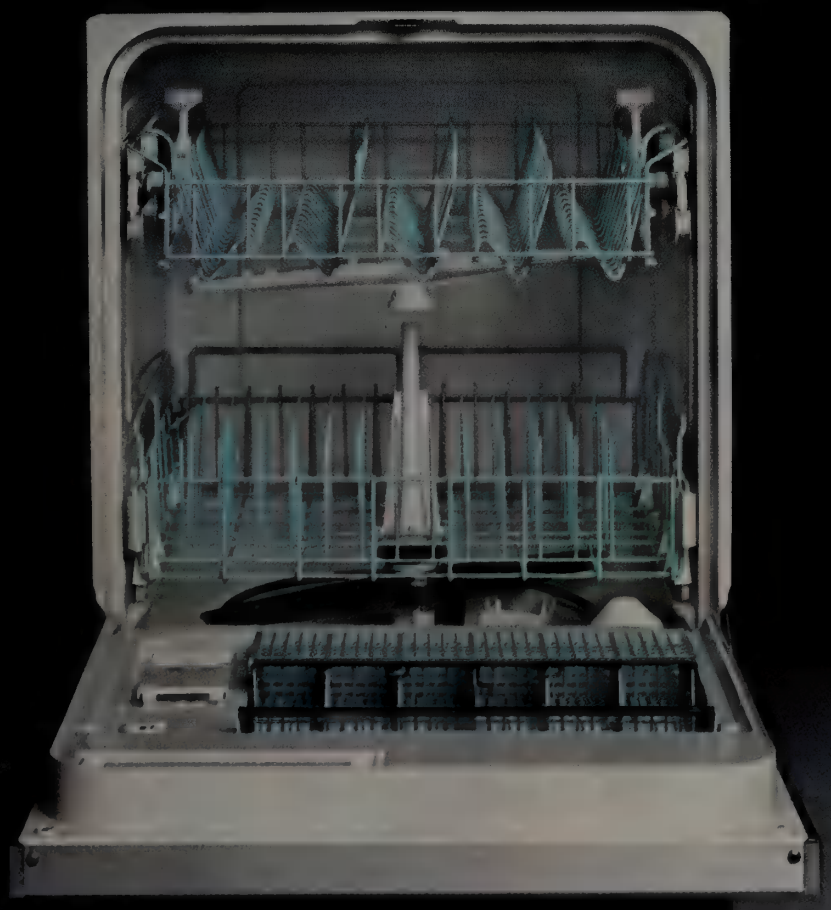
Many of the "experts" felt that most home repairs are basically simple. "The primary tool needed is the right mental state," said one. Another big help is knowing where to look for answers. Some workshop leaders provided lists of their favorite books and manuals—sometimes almost as valuable as seeing something being repaired.

Each workshop had an expert with tools of his specialty and something to be repaired. To involve conferees, everyone was asked to bring something that needed fixing: It's much easier to discuss a broken toaster than an abstract idea. Plenty of room was allowed for people to gather around each table. (A backyard and driveway, schoolyard, or parking lot would provide ample space.) Workshops requiring electricity were located near power outlets. □



Youngest expert *helps 10-speeder understand her bike's brake system*

More than a promise.



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So we included a top rack that tilts easily to accommodate unusual loads.

We built the silverware and cutlery baskets in the door. It makes loading easy and helps keep sharp cutlery out of your way.

We included sound insulation so our dishwasher runs quietly. And we installed an energy saving switch that allows you to air dry your dishes.

We also designed a Super Scour cycle that will handle the drudgery of pots, pans and casseroles for you.

Then of course, we developed several programs and services to help our customers long after the sale is made.

We do this because at Whirlpool, we believe a promise is only a beginning.

Whirlpool
Home Appliances

We believe quality can be beautiful.

BILL ROSS

Steaming *vats at Highland Plating in Hollywood plate a steel heater grill with brass; final buffing on a rouge wheel gives mirror finish*

Outmoded *but now fashionable, floor furnace has a new look. Even key was plated. Total cost: $30*

The gleaming good a plating shop can do for you... at what cost

PETER O. WHITELEY

An undersea find? *No, just hinges covered with paint. Stripping and polishing makes them like new ($3 each)*

Gleaming treasures emerge from bubbling, malodorous tanks in a metal plating shop. Here modern alchemy can plate sow's-ear steel with silk-purse brass or chrome. The ordinary becomes extraordinary, and old or damaged metal is made to look like new.

Plating or repolishing can add a touch of glamour at a price usually far less than buying the same object new. Try it on common household hardware or let your imagination roam. You can get an idea of the cost from the items shown on these pages.

Virtually any metal object that fits into a plating shop's tanks can be plated (tanks are usually 6 feet long by 3 feet wide by 4 feet deep).

If you own a pre-1940 home, you may be sitting on a trove of hardware that can be stripped and polished (not plated) if it's solid brass or brass-plated. Scratch tarnished or painted fixtures in an inconspicuous place to see if they're brass or copper.

You'll find platers in the yellow pages under Plating. Look for tip-offs such as "custom" and "all types" when trying to separate strictly industrial shops from small, personalized platers. Prices vary widely, so it's best to take an unusual item in for an estimate.

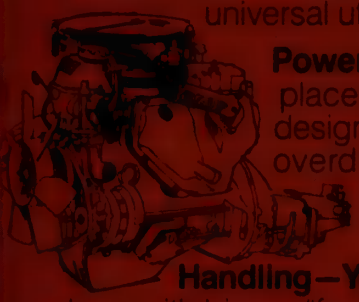
A polished brass or chrome finish is most popular, but you can also choose nickel, copper, or bronze. Each can be given a high-polish look, a satin (brushed) finish, or an antique (oxidized) surface. Most shops will be happy to show you work in progress to help you choose a finish.

Plating is accomplished by mutual attraction between an anode (the plating element) and a cathode (the part to be plated). Electrical current initiates the reaction. A thorough plating shop will

(Continued on page 134)

YOUTILITY

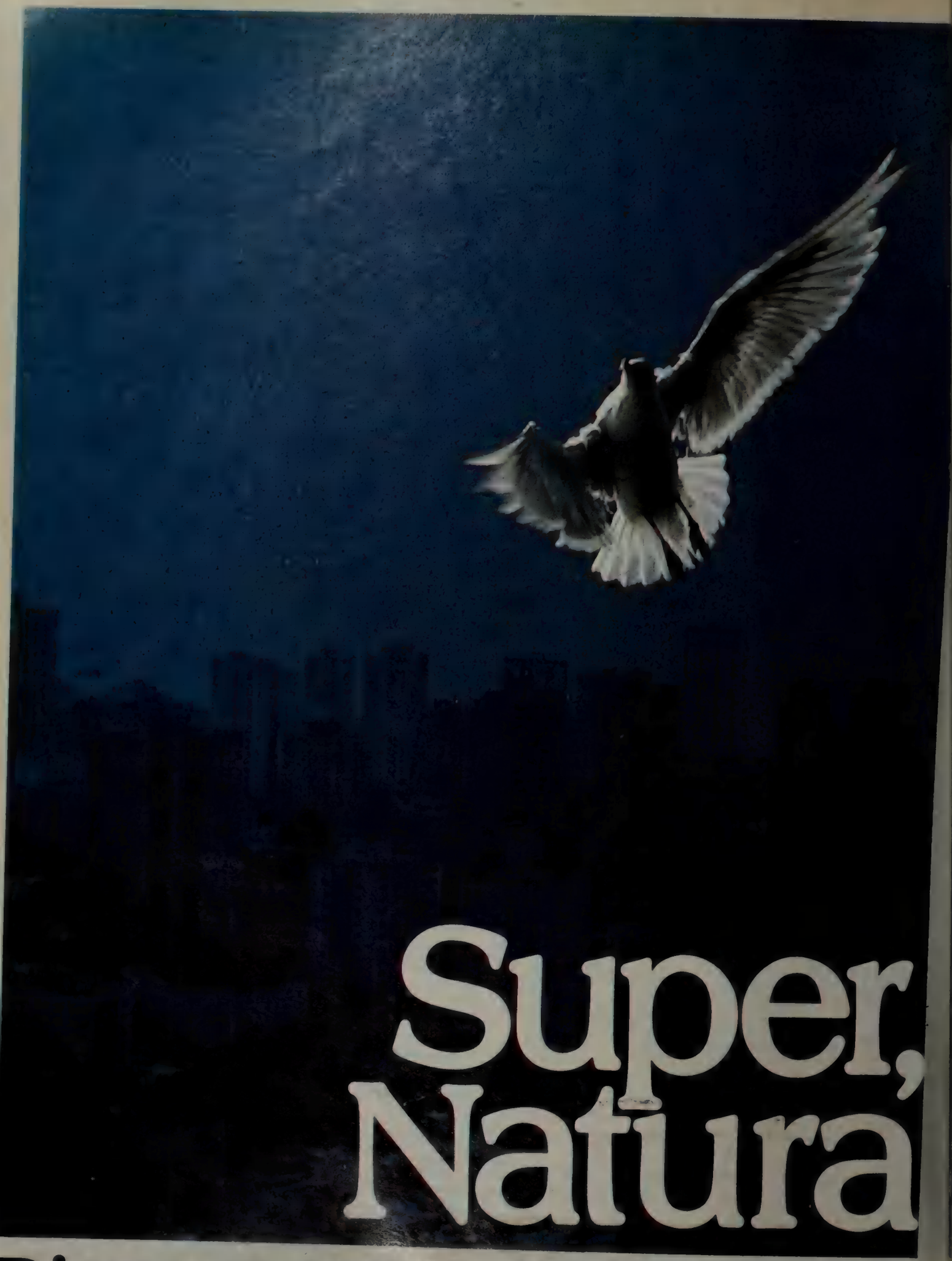
Match your truck needs with this 1978 Toyota SR-5 Long Bed Sport Truck. Heavy hauling. Light loads. Business trucking. Personal recreation. You name it. For economy, comfort, reliability and good looks, make the Toyota SR-5 Long Bed your universal utility vehicle.



Power—You asked for it. You've got the biggest standard displacement engine in the class. A rugged 2.2 liter overhead cam design, with loads of torque, too. It's bolted to a husky 5-speed overdrive gearbox. They make a powerful combination that makes haulin' easy.

Handling—You asked for it. Wide radial-ply tires put more power down with bigger "footprints." Power assisted front disc brakes help make stopping easier—even fully loaded. A "car-like" independent front suspension and front anti-sway bar aid stability and help smooth out bumps and potholes to keep your load more secure.

Toughness—You asked for it. Toyota means tough. The 7-foot bed is welded tight so it is virtually rattle proof. It'll heft an 1100 lb. payload. The cab is designed to eliminate pockets that collect corrosive elements. Rust-inhibiting primer is used extensively. Yep, this is one good looking, good driving truck. There are 5 other members of the Toyota truck family and they're so terrific we can say, "If you can find a better built truck than a Toyota...buy it."



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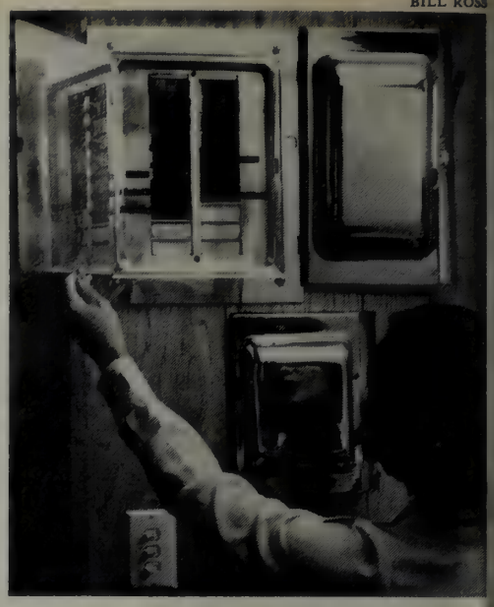

Utilitarian to stylish: *Fuseboxes, above, are in plain sight, so Jack and Darlene Faeth of Hollywood had them copper plated ($15 each). Mop bucket, below, was chromed ($30) and is now a wine cooler*

GLENN CHRISTIANSEN

plate an ordinary steel item with brass by first polishing it to a mirror surface. Next they underplate with copper, then nickel (for brightness), finally adding the brass and polishing. A baked lacquer seal prevents tarnishing. A good shop will carefully wrap your items in soft paper to avoid scratches. Inspect all plated items before taking them home.

Platers also clean and polish metal far better than you can at home. Paint and oxidation are quickly stripped off, the item buffed with rouge wheels, then sealed with lacquer. The cost is only slightly lower than plating because of the handwork involved. We found the charge for polishing a brass doorknob to be about $1.50; escutcheon $3; brass mail slot cover $6; knocker $5.

Items sealed with lacquer resist tarnishing for many years if not touched frequently but doorknobs require a touchup every decade or less, depending on use. □

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Concrete wall *surrounding sunken garden continues as house foundation, becoming living room fireplace wall indoors*

Simple awning *shades dining room windows, and overhead deck shades patio*

An achievement in cost-saving

Owner did much of the work. Floor plan is straightforward. Windows and doors are standard. Much of the structure is exposed... even the foundation

Bifolding *doors can close off part of entry gallery. Openness of plan saved the cost of interior walls*

Whether you're building a new house or adding on to an old one, costs have a way of creeping (even soaring) past original estimates. Some general money-saving steps can help.

Seattle architect Frederick Repass put several sound ideas to work in the house shown here. In 1974 he designed and built it for his own family at a cost of $30,000. With a spacious 2,000 square feet, its cost was an achievement then. Today it would cost at least twice as much—still at the low end of the price range for custom-designed houses.

Repass, being an architect, had a head start on cutting costs. He was constantly on site, doing some of the construction himself, and he had designed the house with his level of skills in mind. He recommends that others should look for eager, young architects who can work closely with clients on cost-cutting solutions—perhaps compensating for the architect's 10 to 12 percent fee based on

DON NORMARK

Back of house *opens dramatically to big lawn with three sliding-glass doors, simple upstairs windows, and a glass gallery behind second-floor deck*

UPPER FLOOR

LOWER FLOOR

total cost. An architect can even be a teacher, helping hammer-in-hand with difficult techniques.

Repass's straightforward rectangular floor plan and gable roof kept things simple—making the house easier and faster to build (it took four months) and keeping framing and labor costs down. He acted as his own contractor on much of the work, avoiding the usual 10 percent fee, but felt as if he'd earned every penny after negotiating a maze of bids.

Minimal earth moving and excavation kept foundation costs down. A level pad carries the house on a gently sloping lot, and precious topsoil removed from here and from the sunken courtyard was used to build up the soil line on one side of the house and along the entry drive. These driveway berms, planted with fast-growing Douglas fir, vine maple, and ivy, now provide privacy from the street.

Specifying standard building components, including the doors and most windows, made things easier for the carpenters. Repass sought out the right tradesman for each job to avoid paying someone to "figure-it-out." He chose items available from local suppliers, such as the four 10-foot wide sliding glass doors on the first floor, to avoid the added cost of special-order doors and hardware.

Massive post-and-beam framing, left exposed and unfinished in the two-story entrance gallery, adds drama to the interior. The smoothed concrete foundation wall, left uncovered, incorporates the living room fireplace and extends to enclose the sunken courtyard.

As a final touch, Repass set aside $1,000 for landscaping to give the structure a look of permanence—and he didn't hesitate adding a standard greenhouse unit over one of the upstairs decks to get the feeling of custom-fitted skylights without the expense. □

NORMAN A. PLATE

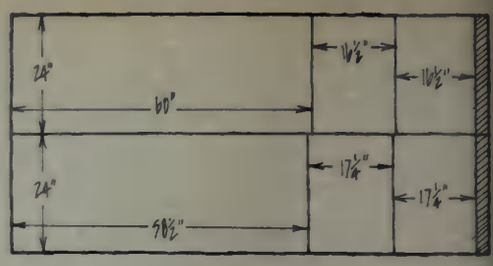
Rich, natural redwood *conceals particle board frame in this easy-to-make table*

Redwood coffee table for just $30? Paneling covers particle board

Long a familiar sight outdoors, redwood furniture is sneaking inside. Here, redwood strips cover a simple particle board frame to make a handsome coffee table. Materials cost about $30.

The strips, 3/16 by 3½-inch resawn all-heart redwood with one smooth side, are sold in packages at hardware stores and lumberyards (see page 192 of the April 1977 *Sunset* for more product information). You'll need about 93 feet; 8-foot lengths are most convenient. Here the strips are contact-cemented to a table made from one 4 by 8-foot sheet of ¾-inch particle board.

To make the table, cut the sheet of particle board in half lengthwise (many lumberyards will do this for you). Cut the resulting 2 by 8-foot pieces to the dimensions shown at top right, then glue the top and end pieces together to make a double thickness, keeping the ¾-inch lip for the rabbet joint (see sketch below). We used a powdered plastic resin glue and clamped the two surfaces together overnight.



One sheet *of ¾-inch particle board is needed; there's little waste*

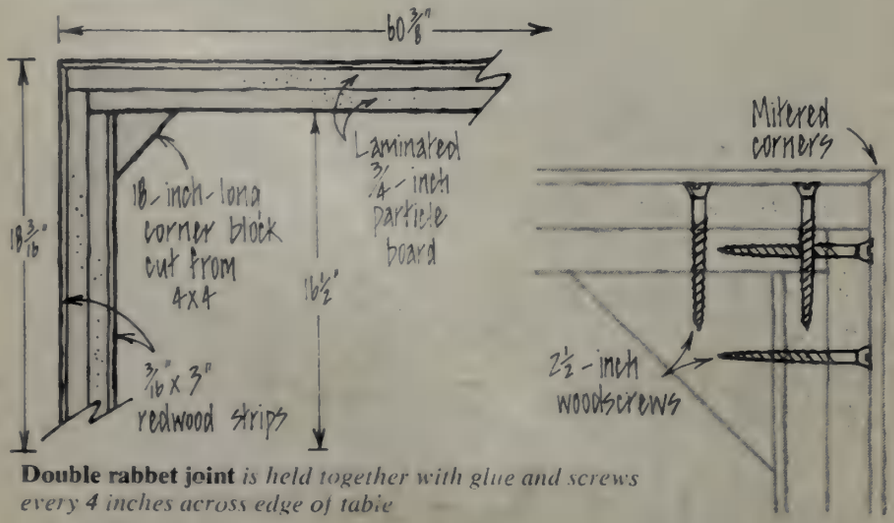
Now glue the three pieces together square and set woodscrews through the joints as shown in the sketch. To further strengthen the table, block the joints as pictured below. We made the blocks from an 18-inch scrap of 4 by 4 redwood ripped in half diagonally. Glue and screw the blocks into place at least 3 inches in from the edges. Other materials could be used—even metal L-brackets.

The redwood strips come with beveled edges. To get tighter seams, rip off the bevel so the final width of each strip is 3 inches (eight rows span the table perfectly). Miter the ends of the strips where they meet at the outside corners. Cut the top strips with special care to ensure a snug fit.

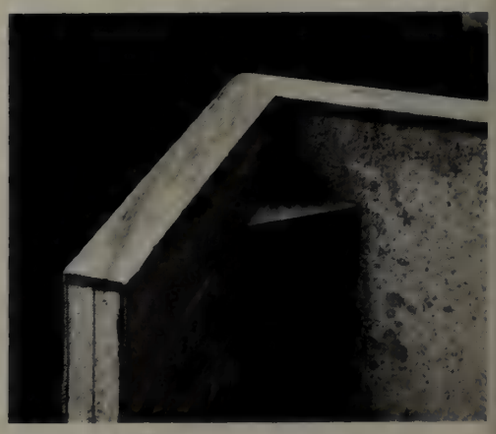
After all the strips are cut, cover the table and the backs of the strips with contact cement. Using a brayer to push the strips down guarantees a good bond. Keep the outside rows flush with the edge of the particle board.

Redwood batten (⅜ by 2¼ inches) covers the final outside edge. Precut the batten to the thickness of the table leg, saving one beveled side for the outside edges. Miter the batten corners, contact-cement batten to table, and reinforce with finishing nails. Fill nail holes and any other cracks with redwood or dark mahogany putty. Sand all surfaces smooth and round all sharp corners.

Finish the table with two or three coats of plastic oil sealer to harden the wood and a varnish or urethane finish. □



Double rabbet joint *is held together with glue and screws every 4 inches across edge of table*



Redwood batten *covers outer edge; blocks strengthen the corner joints*

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JIM YOST

Open lid *of sandbox is secured to garage wall with a hidden latch*

Lid up for sand play, lid down for displaying plants

When these boys have hauled and dumped enough sand for one day, a hinged lid can be lowered down to cover their mini-Sahara. The boys' father, Los Angeles architect Thomas R. Lukes, designed the lidded sandbox to keep out cats and to double as a plant platform for outdoor entertaining.

Lukes built the simple box of redwood 2 by 2's, 2 by 4's, and 2 by 6's, lath, and ½-inch hardwood dowel. He first treated all the wood with a preservative stain.

For the basic rectangular frame, Lukes used 2 by 6's—3½ feet long for the sandbox ends, 5½ feet long for the sides—and doweled them together with butt joints. On their top edges he nailed spacer strips of redwood lath. A rim of flat 2 by 4's, mitered at each corner and joined with short blind dowels, was attached over the lath with dowels running down into the 2 by 6's.

Next, Lukes set the frame on the ground. Inside it he dug a hole sloping to 8 inches deep in the center. To line the sandbox, he took a 5½ by 7½-foot sheet of heavy polyethylene plastic and wrapped the edges around strips of lath. Then he stapled the lath to the 2 by 6's and punched a drain hole in the center.

The seat at one end of the box consists of six 45-inch 2 by 2's, fastened ⅜ inch apart to the rim with short blind dowels.

To make the lid, Lukes cut seventeen 2 by 2's and two 2 by 4's, each 54¾ inches long. He strung and glued them ⅜ inch apart along three 45-inch dowels. The 3½-inch hinges were mortised and screwed to the lid's 2 by 4's and screwed to the box rim.

The final step was dumping in 10 cubic feet of sterile sandbox sand. □

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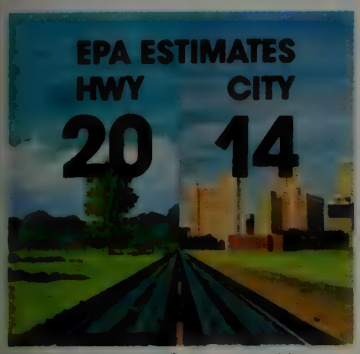

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You can see some of the reasons for its success on this page.

The other reasons will become obvious the first time you test drive The New Chevrolet Wagon.

And the best place to do that is at your local Chevrolet dealer's Wagon Stop, your complete shopping center for wagons. *Based on R. L. Polk registrations for 1977 model year.

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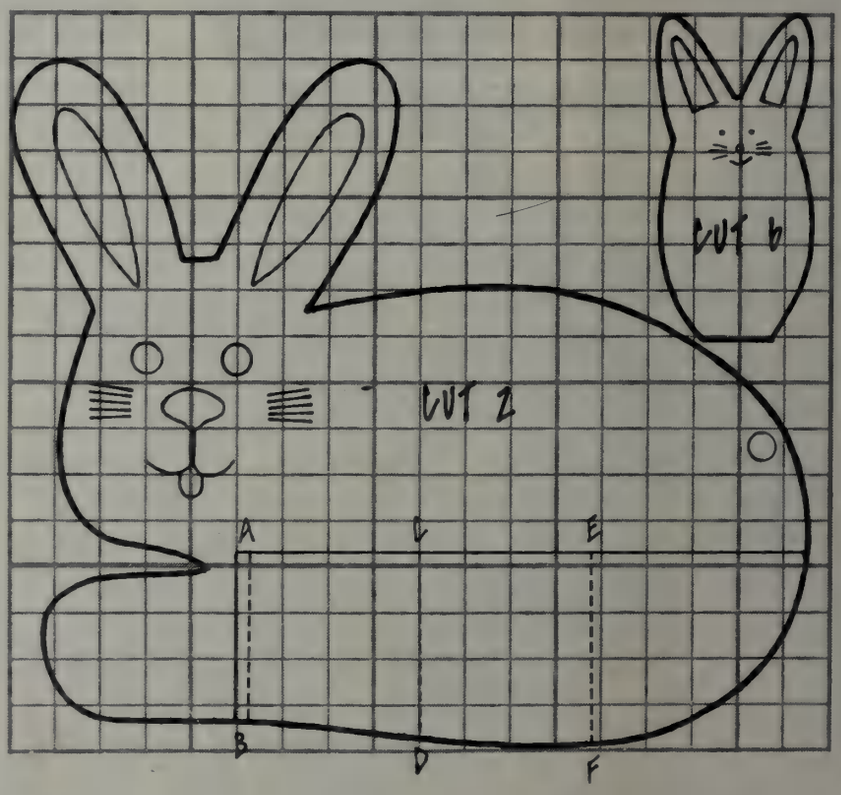
DARROW M. WATT

Baby bunnies *come out to play, then fit snugly back into Mama's pockets. The sketch below is marked in 1-inch squares for easy transferring*



Four-toys-in-one is easy to sew

Plump and smiling, this Easter bunny is "delightfully simple" to make, says designer Barbara Cooper of Danville, California. Our *Sunset* testers agree.

To sew one yourself, you'll need ⅞ yard of fabric for the mother (we used non-stretch velour) and ⅛ yard in different colors for each baby, 6 ounces of polyester fiberfill for stuffing, buttons or dark felt for eyes, pompons for tails, and embroidery thread and pink felt scraps for features. Use the drawings at right to prepare patterns for the rabbits.

To make the mother bunny, fold the fabric in half, right sides together, and cut according to the pattern. From remaining fabric, cut a single-thickness rectangle, 9½ by 14 inches.

Cut nose, tongue, and ear liners out of pink felt. Machine zigzag felt onto ears on front piece of fabric; zigzag-stitch the nose piece and a mouth as indicated in the drawing. For eyes, sew on buttons or dark felt. Use embroidery thread for whiskers; add a pompon tail.

To make the pockets, fold the rectangle lengthwise, right sides together. Then make a ¼-inch seam along one 4¾-inch edge. Turn right side out and, with raw edges to right and bottom, pin onto rabbit as indicated on pattern; topstitch in place, sewing points A to B, C to D, E to F. Trim pocket bottom along the outline of the bunny.

Place back bunny piece on top of the front, right sides together. Leaving points D to F open, sew a ¼-inch seam around the outside edge. Turn right side out and stuff body; handstitch closed.

To make each baby bunny, cut two thicknesses of fabric according to the pattern. Also cut two pink ear liners and zigzag-stitch them to one thickness.

Cut a very tiny circle of pink felt for the nose and cross-stitch it in place. Using embroidery thread, make French knots for eyes, then embroider a mouth and whiskers. Sew on pompon tail and complete as described for mother. □

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Floor-to-ceiling, wall-to-wall

Avid readers Laurie and Chuck McClain of Berkeley found books spilling into every room of their house. A sweeping yet inexpensive solution came to mind: Tear out the seldom-used closets in the guest bedroom, open up a wall for light, and build a wall-to-wall library.

Architect and contractor Mark Hajjar worked out the details. He began by widening the bedroom doorway to 60 inches and installing louvered bifold doors so that the room would seem more spacious and more closely related to the adjoining living-dining room.

The closets were replaced by sleek adjustable shelves, 12¾ inches deep. Because these were only about half as deep as the previous closets, extra floor space was obtained, but the floor had to be resanded to match. The painted plywood shelves rest on standard side-mount tracks. □

Adjustable shelf *of ¾-inch plywood, 12 inches wide, is faced with a ¾ by 1½-inch lip*

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NORMAN A. PLATE

Storage unit *frames refrigerator (above), opens from one side to hold about 80 glasses*

Storage wraps around appliances

Skinny on one side and wide on the other, this storage unit wraps around a refrigerator in the newly remodeled kitchen of Howard and Helen Dallmar in Menlo Park, California.

The 8-inch-deep cupboard on the left side contains shallow adjustable shelves ideal for glass storage. It's at one end of the kitchen, out of the cook's way but near the dining table. The overhead part of the cabinet opens from both front and side, giving easy access to large items stored high.

At the opposite end there's space for a built-in double oven.

The wood used was solid oak and oak-faced plywood, to match the handsome new oak flooring. □

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DON NORMARK

Concrete overhang *protects entrance from rain and sun. Inside, it wraps around top and one side of doorway*

South-facing *window is shielded from hot desert sun by a 4 by 8-foot overhang; herbs and vegetables grow in planters underneath*

Tucson sunshields . . . in concrete

In the sunny Southwest, you can usually save more energy by reducing the need for air conditioning in the summer than by cutting heat used in winter. Today's rules for desert construction emphasize careful siting to reduce the sun's impact as well as devices like the sun baffles you see here.

Architect Judith Chafee of Tucson designed this desert house so that its large view windows face north, avoiding direct sunlight. Windows and a door on the south and east sides are protected from direct sun by reinforced concrete overhangs. From mid-October through January, when it's cool in the morning, welcome low winter sun streams in for several hours. No windows break the wicked west wall.

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Ben's Electric, 1535 S Cherokee Lane
Miller's Millwork Mart, 730 California
Los Gatos
Los Gatos Appliance, 122 N Santa Cruz Avenue
Marysville
Speckert Bldg Supply, 1415 N Beale Rd
Menlo Park
Boucher's, 719 Santa Cruz Ave
Merced
Roys Appliance, 1811 E 21st Street
Modesto
P & G Appliance, 1021 McHenry
Monterey
Dores of Monterey, 1070 Del Monte Blvd
Mountain View
Meyer Electric, 278 Castro
Napa
Harbison Appliance Service, 700 Main St
Kitchen Fixtures, 1885 Kelly Rd
Oakland C. Markus, 301 Jefferson
Palo Alto
Mackalls, 249 California Ave
Petaluma
McPhails, 1000 Lakeville
Pleasant Hill
Handy Andy, 651 Contra Costa Blvd
Pleasanton
Aero Appliance, 3440 Stanley Blvd
Redding
Jacobs Appliance, 3071 Bechelli Ln
Redwood City
Atherton Appl & Merch Mart, 3120 Middlefield Rd
Boucher's, 965 Brewster
Sacramento
A & A Builders, 6770 Folsom Blvd
Handy Andy, 2620 Fulton Avenue
Kitchens Inc (4 stores)
Salinas
Alisal Appliance, 136 E Alisal Street
San Francisco
Bob's Supply, 590 Valencia St
R. D. Schwalb Co., 1434 Howard Street
Harry Young, 532 Columbus
San Jose
Millers Home Appliance, 966 S Bascom
Western Appliance, 1976 W San Carlos
San Mateo Culmers Appliance, 123 West 25th Ave
San Rafael
McPhails, 917 C Street
Martin & Harris, 739 A Street
Santa Clara
University Electric, 1391 Franklin
Santa Cruz
Habers Furniture, 812 Pacific Avenue
Santa Rosa
McPhails, 7th & Mendocino
South Lake Tahoe
Handy Andy, 1950 Lake Tahoe Blvd
Stockton
Mazzera Electric, 501 N Baker
Risso Electric, 1502 Palm
Sunnyvale
Sunnyvale/Allarios Hardware, 575 Sunnyvale Ave
Tulare
Canby's, 1434 E Tulare Avenue
Gordon's, 348 E King
Ukiah
Challand Appliance, 512 S State Street
Vacaville
Lloyd Chandler Furniture, 311 Main St
Walnut Creek
Contra Costa Appliance, 1100 Boulevard Way
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Baker Electric, 910 E William
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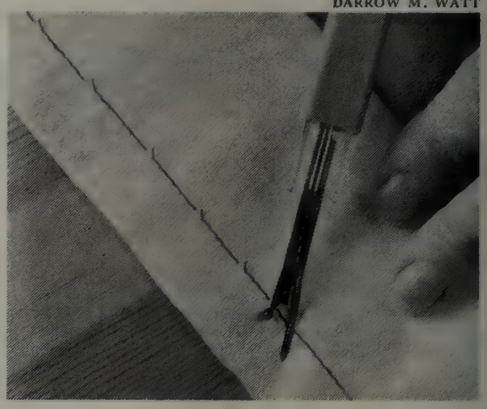
Buy Earth Care at your lawn and garden center, and give a healthy greenhouse glow to everything you grow.

Ripping out stitches quickly, easily

Timesaving tools can become time wasters when used improperly. The seam ripper (about $1 at fabric store notion counters) is one such example: When it's used inefficiently, stitches come loose slowly, one by one. But by using the seam ripping method shown in the photographs below, you can remove stitches quickly, neatly, without tearing the fabric. □

DARROW M. WATT



Rip *every sixth stitch on right side of fabric. Small knob on seam ripper prevents snagging*

Turn *fabric over; loosen thread with fingernail and pull up gently to remove stitching. Cloth may bunch*

Press *cellophane tape over ripped stitches on right side, lift to remove loose threads*

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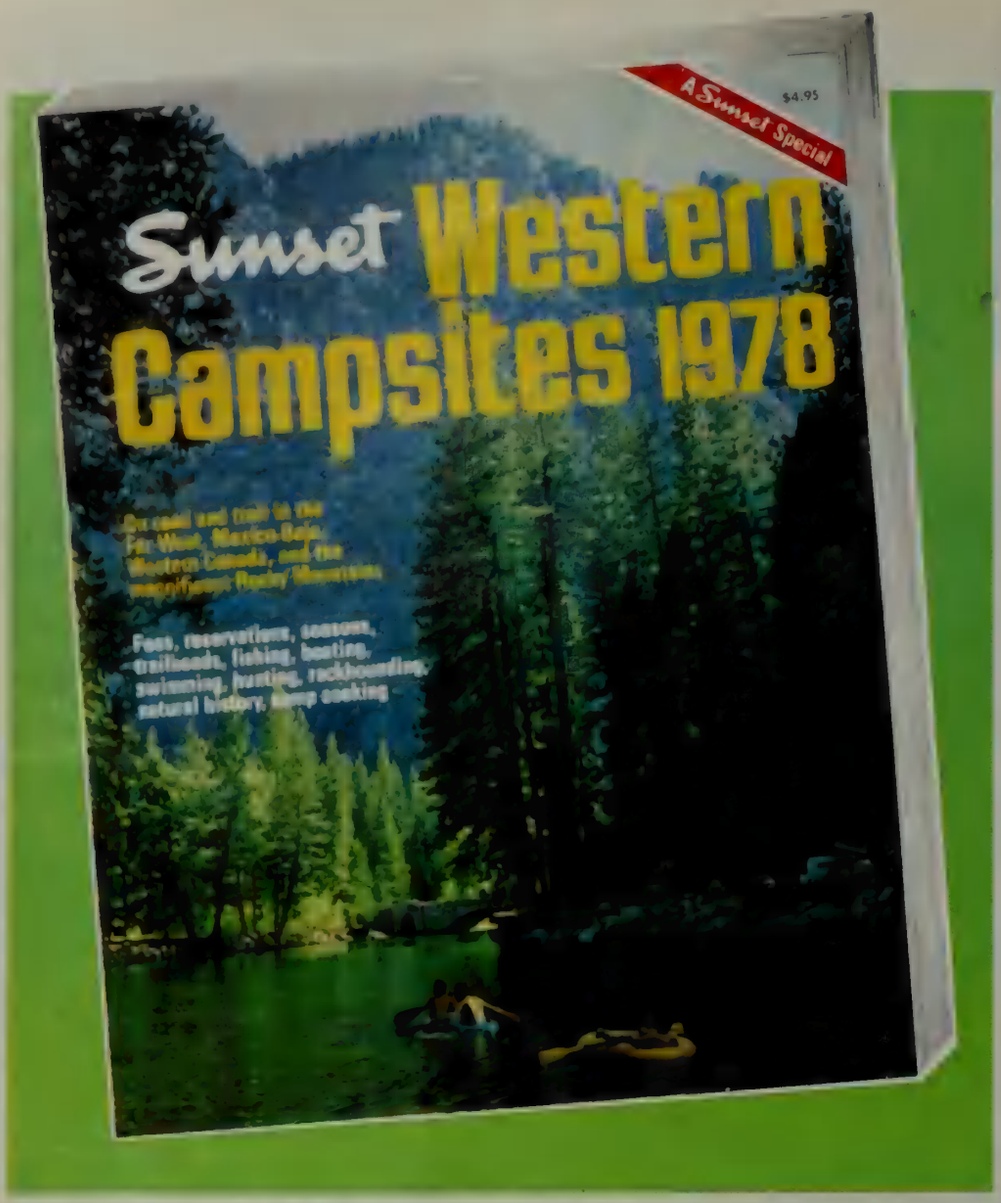
Portland, Oregon 97204



Helps you find the right spot

Finding the right spot means everything when you head outdoors. It can assure you a great experience instead of disappointment. *Sunset's 1978 Western Campsite Directory,* completely revised and updated, helps you plan the best possible trip. It pinpoints 9,000 campgrounds and RV parks on locator maps, tells all about facilities, fees, attractions, and surrounding country; gives phone numbers and mailing addresses where reservations may be made; and provides ideas and directions for dozens of great discovery trips you can take as you travel the West. The new edition covers campgrounds from the Rockies to the Pacific, from Alaska to Mexico, in over 400 pages. It's the most popular, most useful guide you can own!

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The West's most popular guide for RV and tent campers—over 400 pages, more than 9,000 campgrounds. It helps you find the right spot!

NORMAN A. PLATE

Newly planted *with white candytuft and star jasmine vine, this movable planter box will eventually screen service yard*

Side yard screen just rolls away

When it's in place, this planter on wheels screens a small service yard beside the house. It can easily roll away to give access to garbage cans, woodpile, and bicycles. Carolyn Caddes of Palo Alto, California, built this traveling garden for about $20, not counting plants and planting mix.

To build one like it, you will need three 5-foot lengths of 1 by 10-inch rough redwood for the two sides and bottom and two 1-foot lengths for the two ends. Using galvanized nails, nail sides to bottom, then nail on ends. Turn box upside down and drill six to eight 1-inch holes in the bottom for drainage. Then attach heavy-duty casters to the four corners (2-inch casters are available in hardware stores for about $2 each).

For the frame to support the vine, you will need 1 by 2-inch redwood—a 5-foot length for the top and two 6-foot pieces for the sides. Nail frame together at the top, then nail sides to outside of planter box. A metal handle on the side of the frame helps to maneuver the box more easily. Finally, staple a 5-foot square of chicken wire to the back of the frame.

Mrs. Caddes stained her planter to match the existing garden fence, but the redwood can be left to weather.

The star jasmine vine pictured above was planted from a 5-gallon can and will take about two years to cover the wire. For faster results, you might choose a gallon can of English or Boston ivy. Or try an annual like morning glory or cup-and-saucer vine (*Cobaea scandens*) from seed for a quick but temporary screen. ☐

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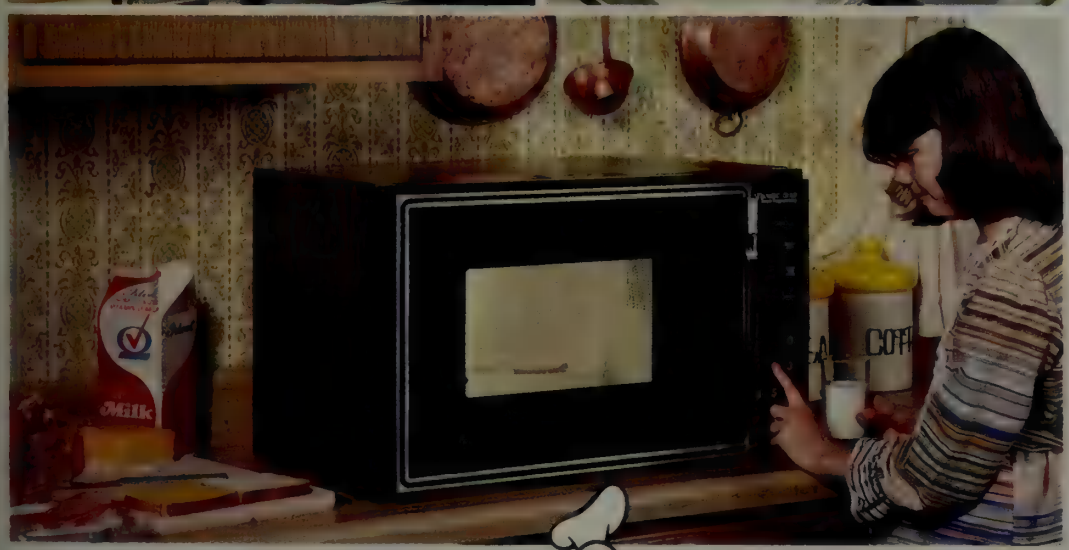

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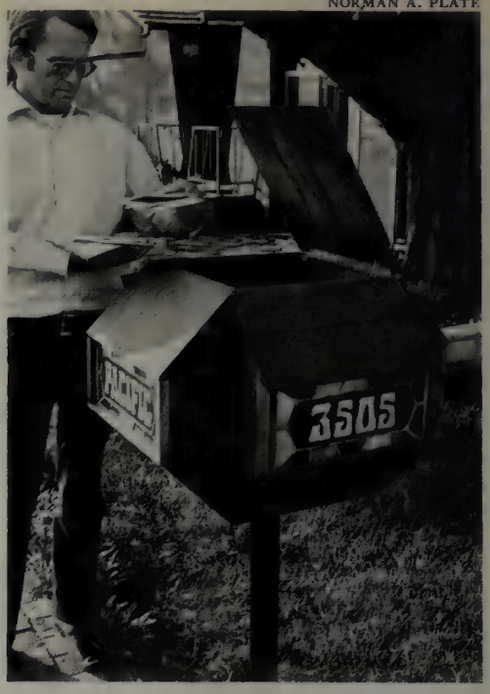
NORMAN A. PLATE



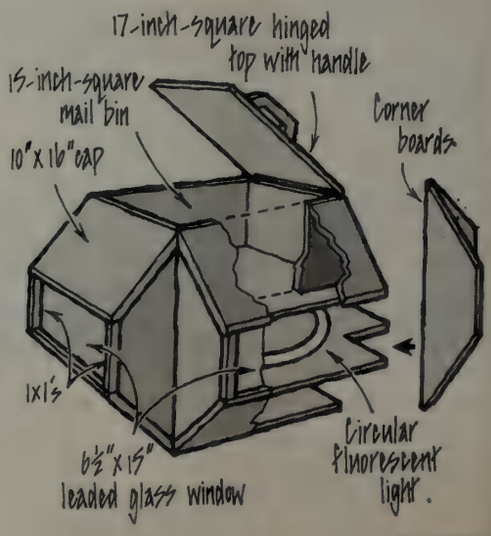
Entire top *of mailbox lifts on a piano hinge so big pieces of mail fit easily*

It's mailbox and address light

The postman can't miss the right house when he has mail for designer Todd Vander Pluym of Manhattan Beach, California. The address stands out in bright leaded glass on a mailbox set right by the sidewalk. And it's just as easy to see at night because a section behind the glass holds a circular fluorescent tube, switched on from inside the house.

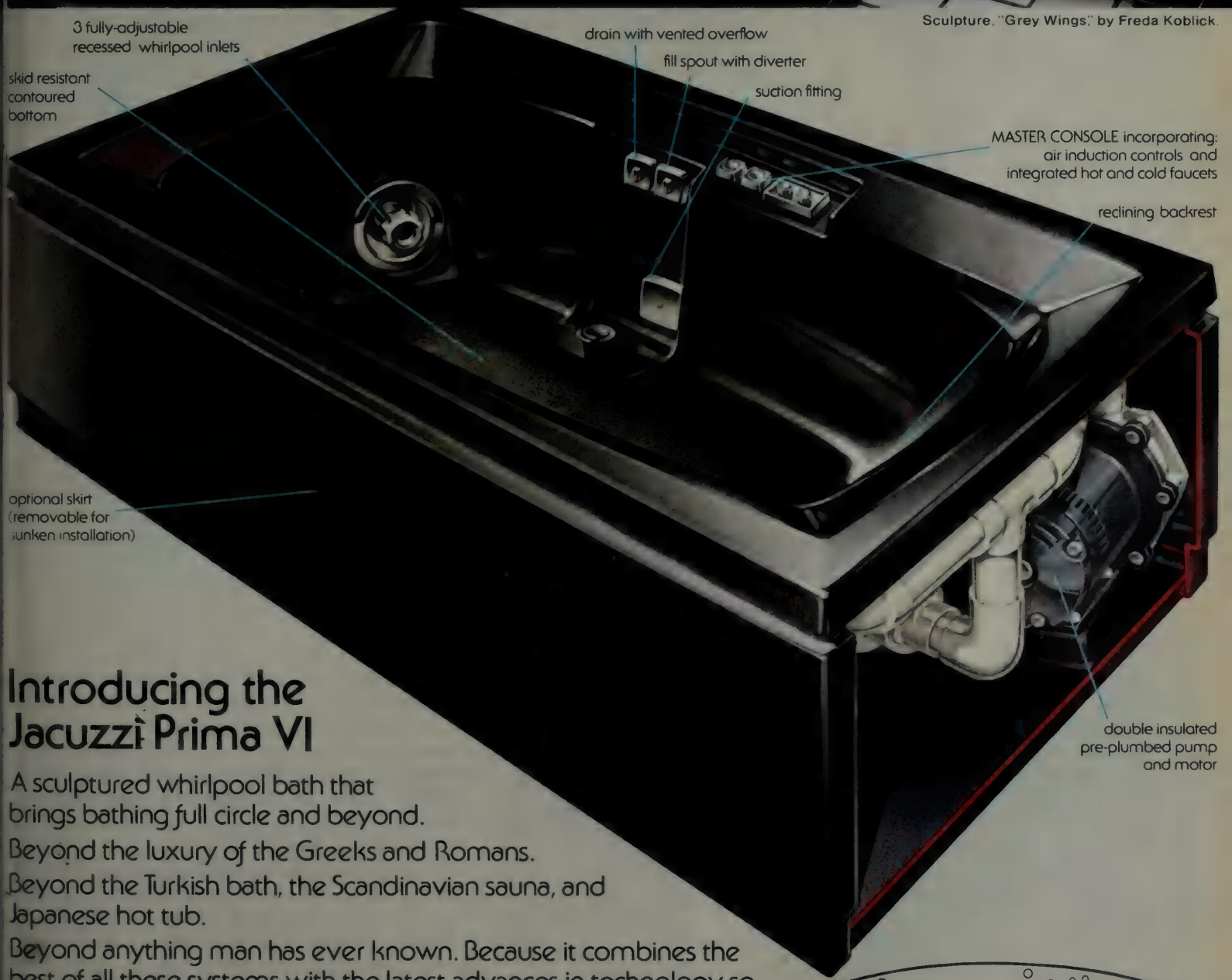
Vander Pluym designed his symmetrical mailbox-light of 1-inch redwood. Interior corner joints are mitered; all others are butted. The 10 by 16-inch caps (see sketch) fit on at 45° angles with edges beveled. A 3-inch-diameter pipe supports the box and carries the electrical wiring; threads at one end engage a screw plate on the box bottom.

Leaded glass design by Lee Vander Pluym. ⊡



Step into the future

Sculpture, "Grey Wings," by Freda Koblick.



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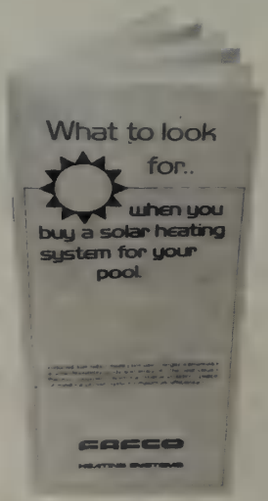

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PETER O. WHITLEY

Mantle of snow *surrounds south-facing, manmade cave. Called a growhole, it houses both plants and people—with plenty of natural warmth*

COUNTRY LIVING:

Solar house-garden in Taos was cozy last winter at 20 below

"Post-industrial cave" is what Marilyn Grimes calls her greenhouse-home, dug into a hillside near Taos, New Mexico. In more common Taos parlance, it's called a growhole: a combined house and garden, with one wall of glass and the others backed up by earth for protection against severe winter cold.

Designer Steve Kenin adapted this version from the ancient Anasazi cliff dwellings at Mesa Verde. The rear and end walls are mortared rock, supported by reinforced concrete posts set 10 feet apart. Rafters extending from the rear wall across a heavy ridge beam support an insulating sod roof.

On the south-facing wall, 480 square feet of glass provide light and warmth for 1,100 square feet of living (one large room) and plant-growing space. The glass slants at a steep 68° angle to squarely face the low-lying winter sun. In summer, the high sun penetrates only the front 1 or 2 feet of the interior; high vents help evacuate any excess heat.

The rock and natural-earth floor stores solar heat gathered through the window wall by day; the only other heat source, a wood-burning stove, provides extra warmth on winter nights. This storage mass is effective: Early-morning *Sunset* visitors found cheery warmth after a −20° night.

All the indoor plants can survive when the owner is away for several winter days—even though the south wall is only single-glazed. (You should consider double glazing for a similar structure of your own.) □

Ferns and vegetables *thrive indoors. Huge posts support the roof—and hold a hammock for midday sunning*

When paint needs stripping ... chemicals or tools?

Confusing array *of chemicals confronts the do-it-yourselfer. Concentrated ones can soften and wrinkle the paint, readying it for easy scraping*

DAVID STUBBS

Stripping paint is neither fun, fast, nor easy. But if you're repainting cracked and peeling house trim, refinishing furniture, or doing any number of similar jobs, you'll have to remove the old coatings chemically or with some mechanical device.

Chemical strippers. Chemicals either turn the finish back into a liquid or break down the bonding agents that hold the paint to itself and to the surface it covers. Roughly 80 percent of the strippers on the market are of the second type; in these, methylene chloride is the active ingredient.

Methylene chloride will soften and loosen almost any coating. It is nonflammable but the fumes are toxic; work only in a well-ventilated area, preferably outside. It's also hard on the skin (the stinging sensation is caused by rapid evaporation). If you get any on you, rinse with water. These strippers will eat through lightweight kitchen-type or painter's gloves; your best bet is the neoprene-coated industrial type, but even these will eventually break down.

Strippers labeled "water rinsable" or "water wash" can be cleaned off with water. But water can raise wood grain, loosen joints in furniture bonded with hide glue, and possibly cause some warpage. Scrape or wipe off excess; then it's best to do the final cleanup with lacquer thinner or denatured alcohol. Be careful; these cleansers are flammable.

Acetone blends, the next most common type, are usually less effective than methylene chloride strippers. They work only on shellac, oil-based paints, varnishes, and lacquers, and are extremely flammable—take special care!

You will also need some tools to remove the stripper and the loose paint. Steel wool and a good paint scraper with replaceable blades are the handiest. For getting into curved surfaces and reliefs, toothbrushes, scrub brushes, nails,

and old compasses can all be useful.

A good chemical stripper applied heavily (as it should be) should cut through one to three coats of paint or varnish. With methylene chloride strippers, the price is based mainly on the amount of active agent present (premium strippers are about ¾ methylene chloride). The more active agent present, the better it breaks down the bond of the paint. But no stripper can pull deeply embedded paint out of pores in open-grained wood.

The no-chemical approach. If you're lucky, a single thorough scraping might remove enough paint to prepare the surface for repainting. Beyond that, and without resorting to chemicals, you have other mechanical options.

The heat gun pictured at right generates 500 to 800° of heat at the nozzle without dangerous flames, softening the paint and reducing its adhesive qualities. It can be found at electronics and tool supply houses, marine hardware stores, and in some tool catalogs (about $60).

The gun works well on multiple coats of paint, bringing the coating off down to the original undercoat with little effort. Taking off this final coat is still best accomplished by using a methylene chloride stripper. The heat gun covers only a small area at a time but it takes off more layers of paint on one pass than chemical strippers.

Stripping irons and hot knives fall into the same category, but usually a heat gun is more effective and more efficient.

The most popular rotary stripper is a spring-wire device costing about $15 that attaches to your portable power drill and flails off cracked and peeling paint. Unfortunately it tends to strip off more than the coatings, gouging out the softer wood grain, even on harder woods. It is also limited to flat and convex surfaces. But it can be an effective tool for stripping roof trim, gutters, and the like that need repainting.

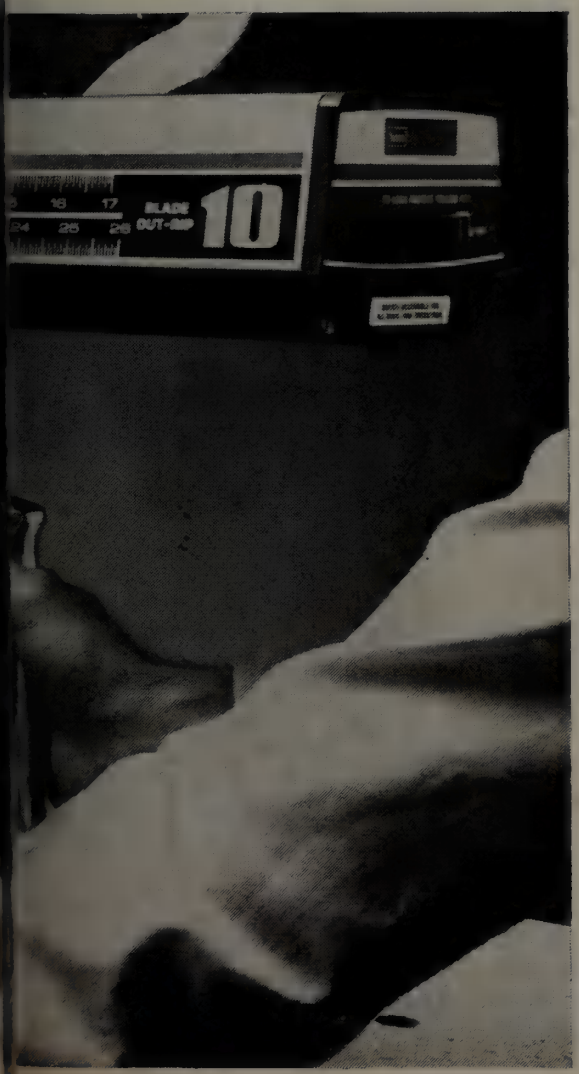
If you're using a rotary stripper on an older home, wear a respirator. There's a good chance your home was painted with leaded paint and the lead dust created by the stripper is dangerous.

Go pro? If you don't want to handle the stripping job yourself, you can seek professional help in the yellow pages under Furniture Stripping. Most professionals work with methylene chloride; some use acetone blends. Unless the pro tells you he's applying it by hand, what you're buying is time in a stripping tank. The object is left in as short a time as possible and is scrubbed as it bathes. It is then rinsed, usually with a high-pressure, low-volume water hose.

GLENN CHRISTIANSEN

Heat gun *generates up to 800° at nozzle end, softening multiple layers of paint*

Professional strippers do about as good a job as you could do yourself, but with less care. There are still the same problems caused by water contacting wood and paint flecks in deep pores —but you are spared a lot of tedious work. □



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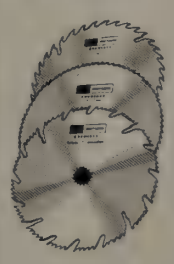
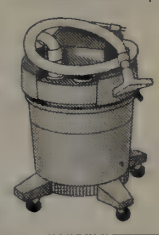
• 15-piece molding head set • Molding head guard • 16-tooth carbide-tipped dado • 10-inch plywood crosscut blade • 10-inch hollow ground planer blade • Goggles			

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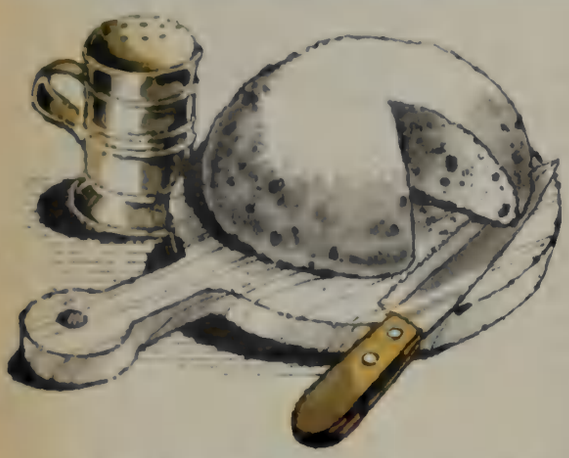
Sunset's Kitchen Cabinet®

Easter comes early this year (March 26), but you can be ready to celebrate with these festive recipes. For a company breakfast or brunch, we suggest sweet cardamom bread or a hearty dish of asparagus, shrimp, and cheese sauce.

To begin a holiday dinner, you might offer the mushroom tarts, followed by your choice of ham or other roast, the creamy coriander-flavored vegetables, and a light meringue-pear dessert.

After the feast, curried ham loaf with



Sift powdered sugar over these sweet rounds before serving Easter morning

Fruited Cardamom Rounds

Bits of candied cherries, orange peel, and dates mingle through this bread.

- 1⅓ cups milk
- ½ cup *each* butter and sugar
- 2 packages active dry yeast
- ¾ teaspoon salt
- 2 teaspoons ground cardamom
- About 5¾ cups all-purpose flour
- 3 eggs
- 1 jar (about 6½ oz.) candied cherries, coarsely chopped
- 4 ounces candied orange peel
- 1 cup snipped dates or raisins
- Melted butter and powdered sugar

Combine the milk, butter, and sugar in a small pan; heat to lukewarm (105° to 115°); butter need not melt.

Combine the yeast, salt, and cardamom in a large bowl; mix in the milk mixture and 1½ cups flour. Beat in eggs, one at a time; stir in 3½ to 4 cups more flour and the cherries, peel, and dates. Turn dough onto a board coated with about ½ cup flour; knead until smooth and elastic. Cover; let rise in a warm place until doubled, about 1½ hours.

Punch dough down; divide in half. Shape into rounds, place on greased baking sheet, cover, and let rise until doubled, about 45 minutes. Bake in a 350° oven for 30 minutes; brush with butter, sprinkle with sugar. Makes 2. —*D. J., Bremerton, Wash.*

Swiss cheese, shrimp, and quickly-made dill sauce show off asparagus spears

Cheesy Shrimp with Asparagus

You can serve this fresh asparagus dish over rice or English muffins.

- 2 pounds fresh asparagus, tough ends removed
- Water
- 1 can (10½ oz.) condensed cream of celery soup
- ¾ cup dry white wine or milk
- ½ teaspoon dill weed
- ¼ teaspoon cayenne
- 1 pound medium-sized shrimp, peeled and deveined
- 2 cups (8 oz.) shredded Swiss cheese
- ¼ cup thinly sliced green onions
- 3 cups cooked rice or 3 to 6 English muffins, split and toasted
- ½ cup sliced almonds

Place the asparagus in a frying pan with enough water to cover; bring to boiling. Reduce heat and simmer 8 minutes or just until tender; drain and keep warm.

In a small pan, combine the soup, wine, dill weed, and cayenne. Bring to boiling; add the shrimp, reduce heat, cover, and simmer 3 to 5 minutes or until shrimp turn pink. Remove from heat. Stir in the cheese and onions.

Line a serving platter with the rice or muffins; arrange asparagus on top. Spoon over the shrimp-cheese sauce; top with almonds. Makes about 6 servings.—*K. S., Los Angeles.*

You can freeze these appetizers, then reheat them in a 400° oven for 20 minutes

Savory Mushroom Tarts

Bake these bite-sized tarts in tiny 1½-inch muffin pans.

- 1 egg
- ¼ cup instant minced onion
- 1 can (10½ oz.) condensed cream of mushroom soup
- ½ cup shredded jack or Swiss cheese
- 2 tablespoons minced parsley
- ¼ cup dry sherry or milk
- 5 slices (3 oz.) bacon
- ¼ pound small mushrooms, sliced
- Pastry for a 2-crust 9-inch pie

Mix the egg, onion, soup, cheese, parsley, and sherry in a small bowl.

Cook the bacon in a frying pan until crisp; drain, then crumble. Reserve 2 tablespoons of bacon drippings. To the drippings add the mushrooms; cook, stirring, over medium heat until limp. Stir bacon and mushrooms into soup mixture.

On a lightly floured board, roll out pastry to 1/16-inch thickness. Using a 2½-inch cutter, cut into 36 rounds; reroll scraps as necessary. Line 1½-inch muffin pans with pastry rounds, pressing to fit.

Spoon about 2 teaspoons of the mushroom mixture into each shell. Bake uncovered in a 400° oven for 20 minutes or until edges are lightly browned. Serve warm. Makes 3 dozen.—*C. E., Tolovana Park, Ore.*

apples will turn any leftover ham into a more interesting new meal.

To share your original spring or summer recipes, mail them to *Sunset Magazine*, Menlo Park, Calif. 94025. We pay $25 for each recipe published.

Easter ham makes a comeback as a curried loaf with apples

Coriander Baked Vegetables

Plan to assemble this casserole a day ahead, then bake just before serving.

- 1 pound *each* carrots and broccoli
- Boiling water
- 4 tablespoons butter or margarine
- 1 small onion, chopped
- 3 tablespoons flour
- 1 teaspoon ground coriander
- ⅛ teaspoon *each* ground nutmeg and pepper
- ½ teaspoon salt
- 1 teaspoon chicken-stock base dissolved in 1 cup hot water
- ½ cup half-and-half (light cream)
- 1½ teaspoons Dijon mustard
- 3 tablespoons minced parsley

Peel carrots and broccoli stems; cut into ½-inch pieces. Place in a vegetable steamer and steam over boiling water for 8 minutes. Add broccoli flowerets; steam 3 minutes longer or until tender. Plunge vegetables into cold water; drain.

Melt the butter in a frying pan over medium heat. Add the onion; cook, stirring, until limp. Stir in the flour, coriander, nutmeg, pepper, and salt. Stir in the chicken stock and half-and-half; cook until sauce thickens. Stir in the mustard, parsley, and vegetables; place in a shallow 2-quart casserole; cover and chill if desired. Bake, uncovered, in a 375° oven for 25 to 35 minutes or until hot throughout. Serves 6.—*B. C., Los Angeles.*

Creamy coriander-flavored sauce coats steamed chunks of carrots and broccoli

Curried Ham Loaf with Apples

Use a hand or electric food chopper or a food processor to coarsely grind your ham.

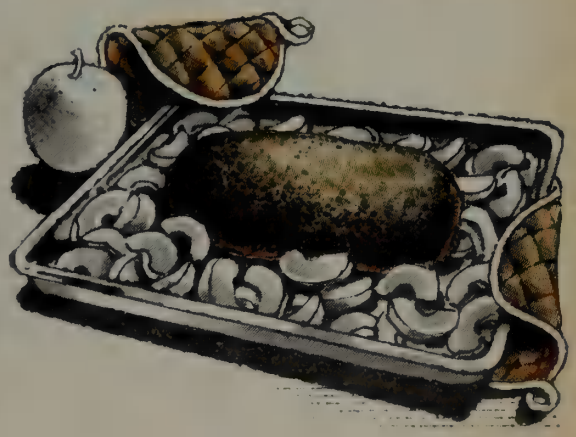
- 2 slices firm white bread, crumbled
- ¾ cup milk
- 2 eggs
- 1 teaspoon dry mustard
- 2 teaspoons curry powder
- 1½ pounds ground cooked ham (about 4½ cups)
- 1 pound lean ground beef
- 1 small onion, chopped
- 4 medium-sized apples
- ⅓ cup firmly packed brown sugar
- 1 tablespoon water

Combine the bread and milk in a large bowl; let stand 5 minutes. Mix in the eggs, mustard, 1 teaspoon of the curry powder, the ham, beef, and onion until well blended.

In a 9 by 13-inch baking dish, shape meat mixture into a 5 by 9-inch oval. Bake in a 375° oven for 1 hour.

Peel and core the apples and cut into ½-inch-thick slices. For glaze, stir together the remaining 1 teaspoon curry powder, the brown sugar, and water.

Arrange apple slices around ham loaf; drizzle with glaze, turning apples to coat. Continue baking loaf, basting occasionally with glaze, for 30 minutes or until apples are tender. Let stand 10 minutes before serving. Serves 6 to 8.—*I. R., Sacramento.*



Bake and serve this savory beefy-ham loaf with slices of curry-glazed apple

Meringue-topped Pears

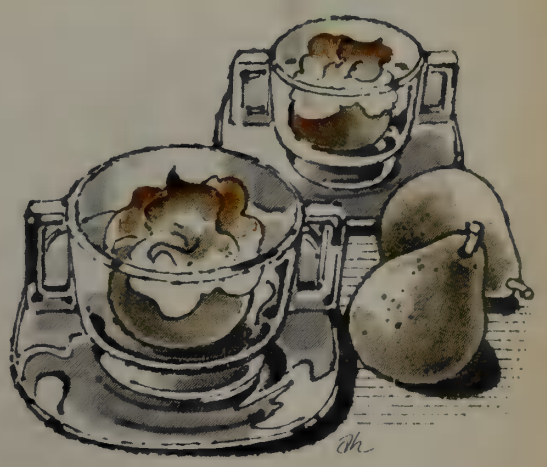
Candied ginger, lemon peel, and cream sherry flavor these pears.

- 4 large pears
- ¼ cup sugar
- 1 teaspoon grated lemon peel
- 4 teaspoons chopped candied ginger
- ¼ cup cream sherry or apple juice
- 2 egg whites
- ⅛ teaspoon *each* cream of tartar and salt
- ¼ cup firmly packed brown sugar
- ½ teaspoon vanilla

Peel the pears, cut in half lengthwise, and remove cores. Place, cavity side up, in a 7 by 11-inch baking dish. Stir together the sugar, lemon peel, and ginger; press equal portions into each pear cavity. Pour the sherry into the baking dish, cover, and bake in a 350° oven for 40 minutes or until pears are tender when pierced. Reset oven to 400°.

Combine the egg whites, cream of tartar, and salt in a small deep bowl; beat until soft peaks form. Gradually add the brown sugar and continue beating until stiff peaks form; beat in the vanilla.

Divide meringue evenly among pears. Bake, uncovered, in a 400° oven until meringue is golden brown, about 8 minutes. Serve warm; or cool slightly, then refrigerate to serve cold. Serves 8.—*H. D., Grass Valley, Calif.* □



Airy puffs of meringue are baked atop pear halves after they're oven-poached

DARROW M. WATT

Spoon *the mushroom-laden Italian gravy over slices of stuffed flank steak and hot spaghetti. Pass grated Parmesan cheese*

1 • *Split steak horizontally, leaving one side attached; pound well*

2 • *Arrange bacon, cheese, salami, and eggs on each steak. Lift plastic wrap to begin rolling steak to enclose filling*

3 • *Tuck in ends and secure each roll lengthwise; then tie around in 6 to 8 places*

Neapolitan gravy

It is endlessly and deliciously useful ... here with stuffed steak, sausages, spareribs, meatballs

Italians take pride in their "gravy"—a rich tomato sauce, robust with herbs and garlic, that they use for a variety of entrées known as "meat in the gravy." You might think of it as a goes-with-anything spaghetti sauce.

Although recipes for the sauce differ from cook to cook, it's generally made in quantity—enough for two or three meals. As it simmers with a choice of meats, it matures into the full-bodied gravy that characterizes these dishes.

A Neapolitan version of the sauce can be stirred together in minutes to use as the cooking liquid for flank-steak rolls, Italian sausages, country-style spareribs, or meatballs. If you simmer two flank steaks at once, you can serve them hot with the gravy or refrigerate one roll to slice for sandwiches or a cold meat tray.

As a bonus, you'll generally have leftover cooked sauce; it can be refrigerated up to one week, or frozen. Use it to simmer another meat or as a topping for hot cooked pasta or ravioli.

Neapolitan Gravy

Combine 2 cans (29 oz. *each*) tomato purée, 2 cloves garlic (minced or pressed), ½ cup chopped parsley, ½ pound mushrooms (sliced), ¾ cup dry red wine, 2 tablespoons dry basil, 1 tablespoon oregano leaves, 2 teaspoons salt, 1 teaspoon sugar, ½ teaspoon pepper, and 1½ cups water. Makes about 2½ quarts.—*S. T., Palo Alto, California*

Rolled Flank Steak (*Braciola*)

- 2 large flank steaks (1½ to 2 lbs. *each*)
- 4 tablespoons grated Parmesan cheese
- 10 slices bacon
- 8 slices provolone cheese
- 12 slices salami
- 6 hard-cooked eggs
- 2 tablespoons salad oil
- Neapolitan gravy (see preceding recipe)

Trim excess fat from flank steaks. Butterfly each steak by splitting it horizontally through center, leaving one edge attached. Open and place between sheets of clear plastic wrap; pound each with a smooth mallet until evenly flattened, especially at center ridge. Discard top piece of wrap. Evenly sprinkle meat with the grated cheese.

Pour tomato sauce *over browned Italian sausages, then simmer for another "meat in the gravy" entrée*

In a wide frying pan over medium heat, partially cook bacon to render excess fat; bacon should still be limp. Arrange 5 bacon slices across each steak. Cover with 4 slices provolone cheese and 6 slices salami, then arrange 3 hard-cooked eggs on the salami.

Using the plastic wrap to help you lift, roll up meat as tightly as possible to enclose filling. With cord, tie each roll lengthwise, tucking in ends, then tie around each roll in 6 to 8 places (see step 3 at left).

Heat oil in an 8-quart kettle over medium heat; add meat rolls, one at a time, and brown well on all sides. Pour in the Neapolitan gravy, bring to a boil, then cover and reduce heat. Simmer 3 hours or until meat is fork-tender. Lift out meat and skim fat from cooking liquid.

To serve hot, cut 1 or both rolls in ½-inch-thick slices and pass sauce to spoon over individual servings. Or cool the rolls, wrap, and chill; cut in thin slices to use as a cold cut or in sandwiches. Makes 10 to 12 servings.

Simmered Italian Sausages

In a 5-quart kettle over medium heat, brown 2 to 2½ pounds Italian sausage on all sides. Pour in the Neapolitan gravy (see earlier recipe); cover and simmer 45 minutes, stirring occasionally.

Arrange sausage on a serving plate; skim fat from sauce and pass in a bowl to spoon over. Makes about 6 servings.

Simmered Country-style Spareribs

In a 6 to 8-quart kettle over medium heat, brown 3½ to 4 pounds country-style spareribs (cut in serving-sized pieces) on all sides. Pour in the Neapolitan gravy (see earlier recipe); cover and simmer 3 hours, or until meat is fork-tender. Stir occasionally.

Arrange ribs on a serving platter; skim fat from sauce and pass in a bowl to spoon over. Makes about 6 servings.

Italian Meatballs in Gravy

Mix together 2 pounds lean ground beef, ½ cup *each* fine dry bread crumbs and milk, 1 small onion (finely chopped), 2 eggs, 1 teaspoon seasoned salt, and ½ teaspoon *each* pepper, oregano leaves, and garlic salt. Shape into balls about the size of golf balls.

In an 8-quart kettle over medium heat, brown meatballs a few at a time, adding oil if needed. Pour in Neapolitan gravy (see earlier recipe). Cover and simmer for 1 hour, stirring occasionally. Skim fat from sauce. Serve meatballs and sauce over hot cooked spaghetti, if you wish. Makes 6 to 8 servings. □

Greek soup, meat, and vegetables . . . all cooked in one pot but served separately

Thrifty cooks in Greece and neighboring Middle Eastern countries save time and energy with one-pot meals like the chicken dinner shown here.

If it doesn't look like a one-pot meal to you, it's because these dinners have a surprising twist—after being cooked together, they're served separately in courses. Here's how it works.

You start by cooking chicken, beef, or fish with vegetables in broth. Then just before dinner, serve the meat and vegetables on a platter for a handsome main course that waits in a warm oven while you turn the flavor-rich cooking broth into an interesting soup to start the meal.

Chicken with Lemon-rice Soup

- 2 broiler-fryer chickens (2½ to 3 lbs. *each*)
- 3 or 4 stalks celery, sliced
- 1 medium-sized onion, chopped
- 6 cloves garlic, minced or pressed
- 6 whole black peppers
- 1 cup dry white wine (or ¼ cup lemon juice with ¾ cup water)
- 8 cups water
- 5 to 6 tablespoons lemon juice
- 6 chicken bouillon cubes
- 1 teaspoon *each* thyme leaves and salt
- ½ cup long-grain rice, uncooked
- 5 or 6 medium-sized zucchini, cut in slanting slices about 1 inch thick
- ⅓ cup (scant 6 tablespoons) butter or margarine
- 4 tablespoons finely chopped parsley
- Salt and pepper to taste
- Lemon wedges or yogurt sauce (recipe follows)

Cut chicken into serving pieces. Remove skin and fat from the 4 leg and thigh pieces (joined) and 4 half-breast pieces; cover and refrigerate. In a 5 to 6-quart kettle, combine the remaining bony chicken pieces, fat, skin, and giblets, if desired. Add to kettle the celery, onion, 4 cloves of the garlic, peppers, wine, water, 3 tablespoons of the lemon juice, and the bouillon cubes. Cover and simmer for 2 to 3 hours.

Cool slightly, then strain, discarding chicken and seasoning vegetables. Skim fat and return broth to kettle. (If made ahead, cover and refrigerate, then remove fat from top.)

Heat broth to boiling; add thyme, salt, rice, and chicken leg pieces. Bring back to simmering, cover, and simmer 15 minutes. Add breast pieces and zucchini and continue to simmer for 5 to 10 minutes, or until zucchini is just tender and chicken done (test chicken by slashing in thickest part; juices should run clear). With a slotted spoon, lift out chicken and zucchini and arrange on a heated, rimmed platter. Cover and keep warm during the soup course. Also melt butter, adding to it remaining 2 cloves garlic and the parsley; keep warm.

To complete the soup, skim fat if necessary and adjust seasoning with salt and pepper. Stir in remaining 2 to 3 tablespoons lemon juice to taste. Transfer to a heated tureen or individual bowls and float about 2 tablespoons of the warm butter mixture over top (about 1 teaspoon over each bowl).

Spoon remaining butter mixture over chicken and zucchini; serve with lemon wedges to squeeze over or yogurt sauce to spoon over chicken and into soup, if desired. Makes 6 to 8 servings.

Yogurt Sauce. In a bowl, stir together 2 cups unflavored yogurt, 2 cloves garlic (minced or pressed), 1 teaspoon salt, and 3 tablespoons finely chopped parsley. Cover and refrigerate until served.

Beef and Vegetables with Tomato Soup

- 2 tablespoons olive oil or salad oil
- Beef rump roast, about 4 pounds
- 2 large onions, chopped
- 2 or 3 cloves garlic, minced or pressed
- 2 stalks celery, sliced
- 2 medium-sized carrots, sliced
- ½ cup dry red wine (or 2 tablespoons lemon juice with 6 tablespoons water)
- 2 cups water
- 1 teaspoon *each* salt and dry basil
- 2 teaspoons oregano leaves
- 1½ teaspoons *each* ground cumin and cinnamon
- 12 to 16 small white boiling onions
- 1 pound green beans
- 1 can (about 28 oz.) tomatoes
- 1 cup milk
- Salt and pepper to taste
- Seasoned croutons and chopped parsley (optional)

DARROW M. WATT

Cooked together, *broth for chicken and zucchini becomes lemony chicken soup to sip before the main course*

Heat the oil in a 6 to 8-quart Dutch oven over medium-high heat; put in meat and brown well on all sides. Remove and set aside. To the pot add onion, garlic, celery, and carrots; cook, stirring often, until onion is limp. Return meat to pot and add wine, water, salt, basil, oregano, cumin, and cinnamon. Cover and simmer about 2½ hours, or until almost tender. (This much can be done as much as a day ahead; refrigerate, then remove fat from top and reheat to simmering.)

Peel onions, slash root ends with a cross, and add to pot; simmer for 20 minutes. Remove stems from green beans (leave whole); add to pot and continue simmering until beans are tender, 15 to 20 minutes more. With a slotted spoon, lift out meat and whole vegetables, arranging them on a heated platter. Cover tightly and keep warm during the soup course.

Skim fat from cooking broth and add tomatoes with their liquid. Whirl about ¼ of the broth at a time in a blender until smooth. Add milk, return soup to cooking pot, reheat to simmering; and adjust seasoning with salt and pepper if needed. Set aside about ½ cup of the soup, then transfer remaining soup to a warmed tureen or individual bowls. Serve with croutons if you wish.

Spoon reserved soup over meat and vegetables to moisten. Garnish the meat platter with parsley, if you wish. Makes 6 to 8 servings.

Poached Lingcod with Greek Egg Soup

- 2 tablespoons olive oil or salad oil
- 2 medium-sized onions, chopped
- 1 stalk celery, chopped
- 2 or 3 cloves garlic, minced or pressed
- 3 cups water
- 1 cup dry white wine (or ¼ cup lemon juice and ¾ cup water)
- 2 bottles (8 oz. *each*) clam juice
- 3 chicken bouillon cubes
- 2 bay leaves
- 1 whole lemon, plus additional juice
- 6 to 8 small new potatoes
- 6 to 8 medium-sized carrots
- About 4-pound piece lingcod
- 4 tablespoons melted butter
- 2 tablespoons flour
- 2 eggs
- Salt and pepper to taste
- About ¼ cup chopped parsley
- Lemon sauce (recipe follows)

In a 6 to 8-quart Dutch oven, heat the oil over medium heat. Add onion, celery, and garlic and cook until onion is limp. Add water, wine, clam juice, bouillon, and bay. Ream juice from lemon, add extra lemon juice for a total of 4 tablespoons, and set aside. Drop lemon shell into cooking pot. Bring to simmering, cover, and simmer for 20 minutes. Remove bay and lemon shells.

Meanwhile, scrub potatoes and peel and cut carrots in 2-inch slanting slices. Tie fish with cord if needed to hold in compact bundle; measure thickness at highest point. Add potatoes and carrots to broth. When broth returns to simmering, use a double thickness of cheesecloth as a sling to lower fish into broth; push vegetables to sides of pot. Again bring broth to simmering, cover, and simmer until fish tests done (allow about 10 minutes for each inch of thickness). Test by cutting a slit into thickest part—it should be firm and opaque white.

Lift the fish from pot to a rimmed platter, remove skin, and drain any juices back into pot. With a slotted spoon, remove potatoes and carrots; arrange with fish. Cover and keep in a warm oven until serving time.

Combine 2 tablespoons of the butter and the flour, blend in a few tablespoons of the poaching liquid until smooth, then gradually stir into the soup stock. Bring to boiling and boil about 1 minute. In a bowl, beat eggs until frothy and gradually beat in reserved 4 tablespoons lemon juice. Gradually beat about 1½ cups of the hot soup into egg mixture. Stir all back into soup pot and reheat, but do not boil. Season to taste with salt and pepper. Serve the soup garnished with part of the chopped parsley.

Blend remaining 2 tablespoons melted butter with remaining parsley; drizzle over fish and vegetables. Serve with lemon-garlic sauce. Serves 6.

Lemon-garlic sauce. In a small bowl, combine 1 cup mayonnaise, 2 tablespoons lemon juice, 1 clove garlic (mashed), and ½ teaspoon oregano leaves. Mix well. Chill if made ahead. □

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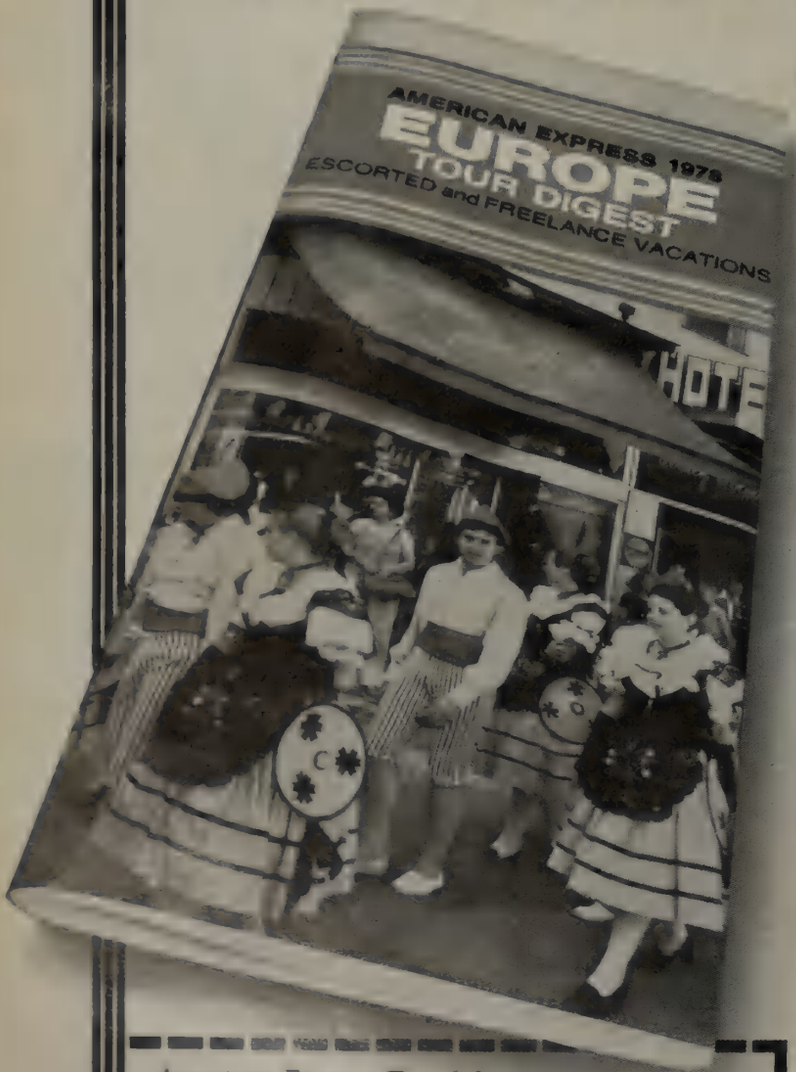

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Hot cross buns the easy way

Before the evangelizing of England around A.D. 600, the Anglo-Saxon pagans baked small breads as part of the jollity of welcoming spring. Early missionaries from Rome despaired of breaking this ritual, so they blessed the buns with a Christian cross. Hot cross buns have been an Easter tradition ever since.

We've captured the sweet, lightly spiced flavor of hot cross buns in this easy-to-make casserole bread. The no-knead dough rises just once; then you bake it in a round casserole or soufflé dish and sign it with a cross of white frosting.

Hot Cross Bread

- 1 package active dry yeast
- ½ cup warm water (about 110°)
- ½ cup sugar
- 1 large can (13 oz.) evaporated milk (undiluted)
- 1 teaspoon salt
- 2 tablespoons salad oil
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 1 egg, lightly beaten
- 4½ to 5 cups regular all-purpose flour
- ½ to ¾ cup *each* currants and finely diced candied orange peel or citron
- Butter or margarine
- Sugar frosting (recipe follows)

In a large bowl, dissolve yeast in water, then blend in 1 tablespoon of the sugar. Let stand in a warm place until bubbly, about 15 minutes. Stir in remaining sugar, the milk, salt, oil, cinnamon, nutmeg, cloves, and egg. Gradually beat in the flour, 1 cup at a time, to make a very heavy and stiff batter that's too sticky to knead. Stir in currants and orange peel.

Spoon batter into a well-greased 2½ to 3-quart round casserole or soufflé dish. Lightly coat top of dough with butter; cover loosely with clear plastic film. Let rise in a warm place until doubled in bulk, about 1 hour.

Bake loaf in a 350° oven for 60 to 65 minutes or until it sounds hollow when tapped and a pick inserted in the center comes out clean. Brush top lightly with more butter and cool in dish for 20 minutes, then turn out onto a rack.

To serve warm from the oven, use a brush or spatula to paint a 2-inch-wide cross of sugar frosting across top. (If made ahead, cool thoroughly, then package airtight. Refrigerate or freeze, as desired. Reheat, wrapped in foil, in a 350° oven for 25 minutes, then frost and serve.) Makes 1 large round loaf.

Sugar frosting. Blend ¾ cup unsifted powdered sugar with 1½ tablespoons orange juice or milk until smooth. □

Chef Lewis recently returned from Africa, peanuts in hand

Chefs of the West

The Art of Cooking...by men...for men

The peanut has taken on a certain aur recently, but it is really a perfectly ridic ulous member of the legume family. Th creature begins its life normally enough growing and blooming as one might ex pect. But then, after a hard look at th world around it, it promptly bends ove and buries its head in the sand. The frui forms underground—safe, it thinks from elephants and children. Alas, i fools no one.

Chef George Lewis recently returne from West Africa where he witnessed sad end to the hopes of some deviou groundnuts. Fortunately the peanuts' il wind wafts the odor of chicken stew i our direction. *Chef* Lewis suggests glass of beer to go with it.

Groundnut Stew

- 3 pounds chicken legs and thighs
- 4 teaspoons ground ginger
- 2 tablespoons peanut oil or salad oil
- 1 large onion, chopped
- 2 small tomatoes, peeled and chopped
- 1 can (6 oz.) tomato paste
- 3 to 4 ounces small cooked shrimp (optional)
- 3 cloves garlic, minced or pressed
- ½ to 1 teaspoon crushed red pepper
- 2 cups water
- 1 cup cream-style peanut butter beaten with ½ cup cold water
- ½ pound okra, or 1 package (10 oz.) frozen okra
- 1 medium-sized eggplant, cubed
- 2 medium-sized green or red bell peppers, seeded and sliced
- Salt and pepper
- 4 hard-cooked eggs, quartered
- Hot cooked rice

Rub chicken with ground ginger. Hea the oil in a 6-quart kettle over medium heat; add chicken and brown well on al sides. Set chicken aside. Add onion t oil, cook until transparent, then add to matoes, tomato paste, shrimp (if used) garlic, crushed red pepper, and water bring to a boil. Add chicken, reduce heat, cover, and simmer 30 minutes Stir in peanut butter mixture, then ado okra, eggplant, and bell pepper.

Continue cooking until chicken and veg etables are fork-tender, about 30 minutes longer; stir occasionally. Skim fat season to taste with salt and pepper then transfer to a serving dish and garnish with the quartered eggs. Serve with hot cooked rice. Serves 6 to 8.

George H Lewis

Stockton, Calif.

Dusty Rhoades wants you to serve the following concoction with roast beef and states that it "sure beats Yorkshire pudding."

The fact is that *Chef* Rhoades's Beefeaters Onion Pie is coming from another place. Yorkshire pudding is just a special kind of popover, while this onion pie could very well stand alone as the main dish of a light supper. If you find

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you don't care for the crumb crust, use a pastry shell.

Beefeaters Onion Pie

- 6 tablespoons butter or margarine
- 1 cup finely crushed saltine cracker crumbs
- 3 large mild white onions, thinly sliced
- 2 eggs, slightly beaten
- ¾ cup milk
- ⅛ teaspoon pepper
- ½ cup shredded sharp Cheddar cheese

In a 9-inch pie pan, melt 4 tablespoons of the butter, mix in the cracker crumbs, then evenly press the mixture against the bottom and sides of the pan to form a crust. Bake in a 350° oven for 5 minutes; set aside.

In a frying pan, melt the remaining 2 tablespoons butter, add the onions, and cook over medium-low heat, stirring occasionally, until onion is very tender, 25 to 30 minutes. Evenly spread onion in pie crust.

Beat the eggs, stir in the milk and pepper, and pour over the onion. Sprinkle with the cheese. Bake in a 350° oven for 25 minutes or until a knife inserted in the center comes out clean. Let stand 5 minutes before serving. Serves 6.

O J Rhoades

Spring Valley, Calif.

Birds worked for millenia to develop flight muscles and the appropriate bone structure to hold them. Just when things were going well, the ancestors of the chicken appeared and decided that walking was more their style. Their big flight muscles remained but became very tender from lack of use.

Chef Murray Segal takes advantage of evolution and stuffs these tender breasts.

Mushroom-stuffed Chicken Breasts

- ½ pound mushrooms
- 6 whole chicken breasts, split, boned, and skinned
- 1 tablespoon lemon juice
- ¾ teaspoon salt
- 4 tablespoons butter or margarine
- ¼ pound Italian sausage, finely chopped
- 3 tablespoons *each* finely chopped celery and onion
- ⅓ cup soft bread crumbs
- 2 tablespoons chopped parsley
- ½ teaspoon marjoram leaves
- ½ cup dry sherry
- 1 cup chicken broth
- 2 tablespoons cornstarch blended with 2 tablespoons water

Finely chop half of the mushrooms and slice the other half; set aside. With a small sharp knife, cut pockets in the thickest portion of each chicken breast, then sprinkle the breasts evenly with lemon juice and ½ teaspoon of the salt. Melt 1 tablespoon of the butter in a frying pan over medium heat; add the chopped mushrooms, sausage, celery and onion and cook until sausage lightly browned, about 5 minutes. Remove from heat and stir in soft bread crumbs, parsley, marjoram, and remaining ¼ teaspoon salt. Add 2 tablespoons of the sherry. Spoon stuffing into breast pockets and secure with wooden picks.

Melt the remaining 3 tablespoons butter in a wide frying pan over medium heat; add chicken, a few pieces at a time, and brown well on all sides. Arrange in single layer in a greased shallow 3-quart baking dish. Pour in the broth, the remaining 6 tablespoons sherry, and the sliced mushrooms. Bake, uncovered, in a 350° oven for 25 minutes or until meat is no longer pink when slashed. Lift breasts to a rimmed serving platter. Skim and discard fat from cooking liquid; stir in cornstarch mixture and cook thickened. Pour over chicken. Serves 12.

Murray Segal

Los Angeles

Jack Gilleland put together the following in salmon season when he had a lot of good scraps left from a job of filleting. Try it with canned or frozen fish now, and if you aren't already a salmon

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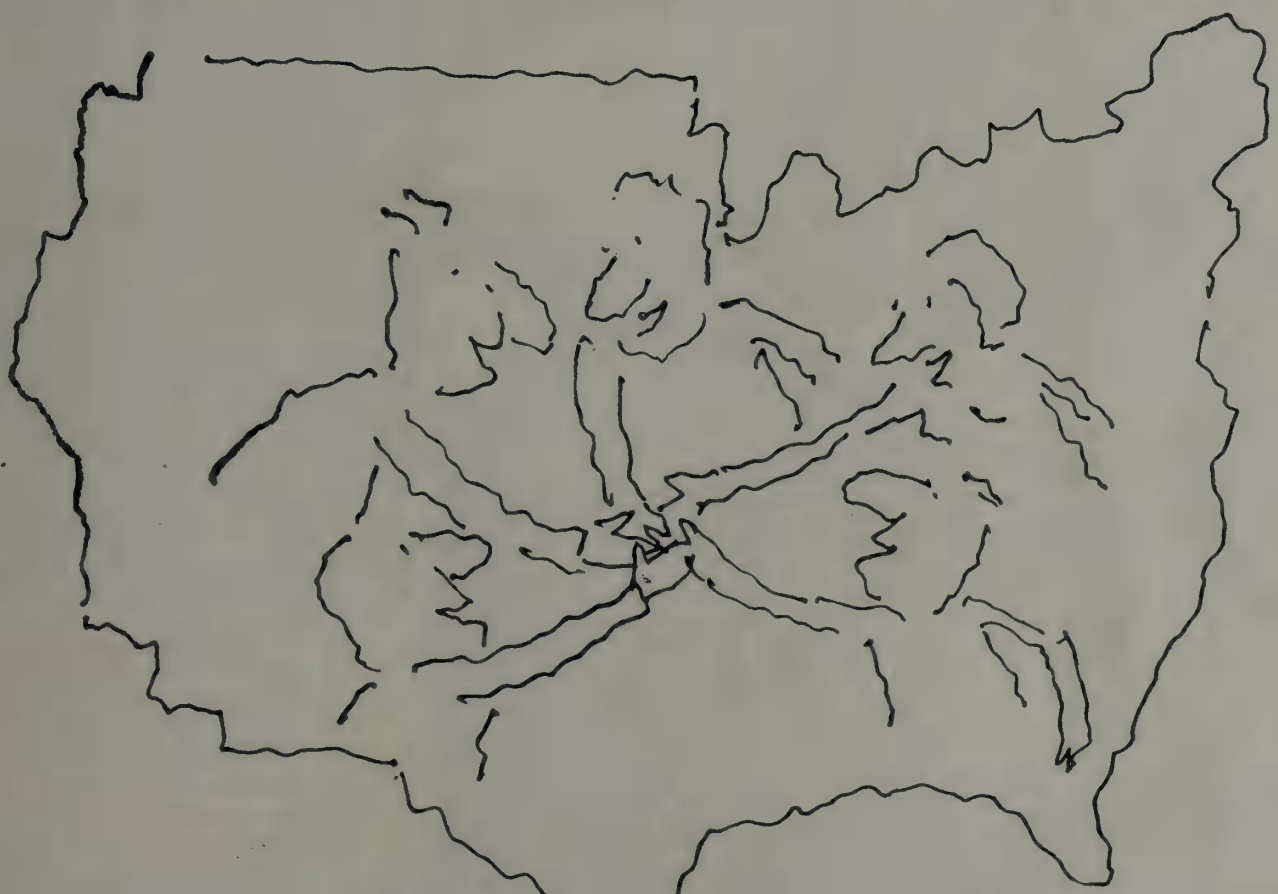

In our cities, on our farms, among the young, the old, the affluent, the poor, Americans agree on ACTION! ACTION is the Volunteer Agency that brings skilled people together to solve local problems. There are programs like VISTA, the Peace Corps, Retired Senior Volunteers Program, University Year for ACTION, the Foster Grandparents Program, and many others. If you're a community leader and want more information on ACTION and its programs, or if you'd like to volunteer your skills, write ACTION, Wash. D.C. 20525.

AMERICANS AGREE ON

ACTION

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fisherman you may become one.

Look for the bottled oyster sauce in Oriental markets.

Salmon Scramble

- 2 tablespoons butter or margarine
- ½ cup chopped onion
- 1 can (7¾ oz.) salmon, drained, or about 1 cup salmon chunks
- 2 teaspoons oyster sauce
- 6 eggs, slightly beaten
- Salt and pepper

Heat the butter in a frying pan over medium heat; add the onion and cook until limp.

Discard skin and bones from canned salmon (if used); add salmon and oyster sauce to onion and cook, stirring gently, until canned salmon is hot or salmon chunks are cooked through. Reduce heat to low, pour in eggs, and cook, lifting set portion to allow uncooked egg to flow underneath.

When eggs are cooked to your liking, remove from heat and slide onto a serving platter. Add salt and pepper to taste. Makes about 4 servings.

Beaverton, Ore.

Down in the desert, James Strieber stuffs a head of lettuce with a cream cheese and vegetable mixture, then slices it to serve as a cool and elegant salad. The cream cheese filling acts as a dressing.

Stuffed Lettuce

- ¼ cup chopped almonds
- 1 large head iceberg lettuce
- 2 packages (3 oz. *each*) cream cheese, at room temperature
- ¼ cup mayonnaise or sour cream
- 1 tablespoon *each* prepared mustard and lemon juice
- Few drops liquid hot pepper seasoning
- 1 cup *each* finely chopped celery and finely shredded carrot
- 2 tablespoons *each* chopped green onion, green pepper, and pimiento
- 1 can (2¼ oz.) sliced ripe olives, drained

Spread almonds in a shallow pan and place in a 350° oven until nuts are golden, about 8 minutes; set aside. Pull out and discard lettuce core, then hollow out a fist-sized pocket (saving lettuce for other uses) to hold the dressing.

Beat together the cream cheese, mayonnaise, mustard, lemon juice, and hot pepper seasoning until well blended; then stir in the celery, carrot, green onion, green pepper, pimiento, olives and almonds.

Fill lettuce pocket with dressing; chill until firm. Cut into wedges. Serves 6.

Tucson

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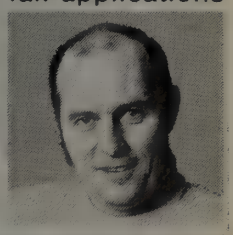

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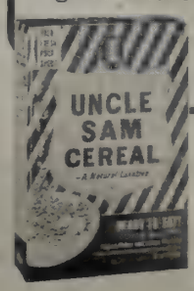

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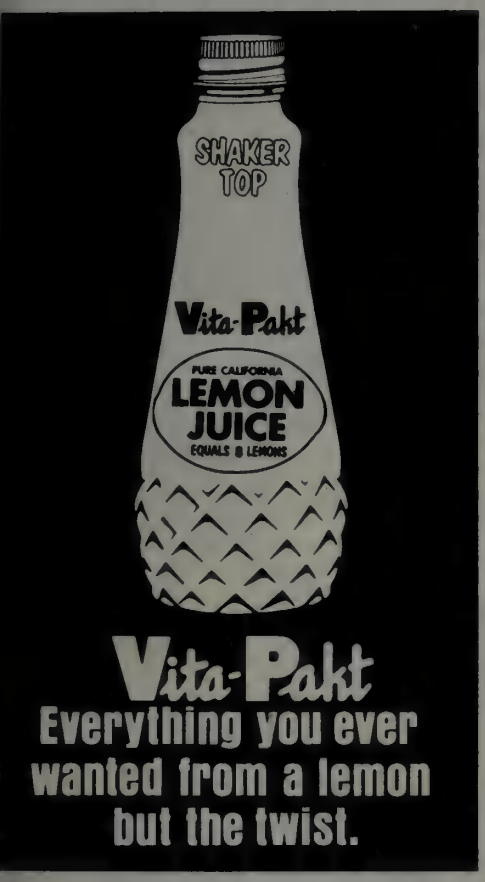

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DARROW M. WATT

Cut through layers *of crêpes, crab, avocado, mushrooms, and serve in generous wedges*

Just stack . . . then cut into delicious fat wedges

Simply stacking feathery crêpes, crab meat, avocado, and mushrooms is all you do to make this lunch or supper dish. A smooth sour cream sauce provides the mortar for each delicious layer.

You can prepare the crêpes anytime and store them in the refrigerator or freezer, then assemble the entire dish several hours before serving. Heat the stack at the last minute in a microwave or conventional oven. A lightly dressed green salad will complete the meal.

Crab and Avocado Crêpes

Crêpes. You'll need 13 crêpes, each 6 to 7 inches in diameter. Prepare them from a mix or your own recipe. If made ahead, thaw and warm them to room temperature before using.

Sour cream spread and sauce. In a bowl, combine 1 cup sour cream (or sour half-and-half), 1 clove garlic (pressed or minced), 4 tablespoons chopped fresh coriander (also called cilantro or Chinese parsley), ½ teaspoon salt, and 2 tablespoons lemon juice; mix well.

Mushroom layer. Melt 3 tablespoons butter or margarine in a frying pan over medium-high heat. Add ½ pound mushrooms (sliced) and 1 small onion (chopped). Cook, stirring often, until onion is limp. Season lightly with salt and pepper.

Crab layer. You'll need ½ pound (about 1½ cups) crab meat. Set aside 5 or 6 whole pieces of crab for garnish, then flake remaining meat.

Avocado layer. Peel and pit 2 medium-sized ripe avocados and cut in ⅛-inch-thick slices. Drizzle with lemon juice to keep them from darkening; set aside 5 or 6 slices for garnish.

To assemble the dish, spread a crêpe with about ¾ tablespoon sour cream spread and place it on a shallow round baking dish or heatproof plate. Distribute ¼ of the mushroom mixture evenly over crêpe to outside edges. Spread a second crêpe with sour cream and set it on top of the first crêpe; distribute ¼ of the crab over it. Spread a third crêpe with sour cream; top with ¼ of the avocado. Repeat these 3 layers 3 more times, then place the 13th crêpe on top. If made ahead, cover and chill.

To serve, place crêpe stack, loosely covered with foil, in a 375° oven until hot through, about 20 to 25 minutes (about 40 minutes if cold). Or cover loosely with clear plastic wrap and heat in microwave oven for 3 to 5 minutes (if cold, heat 5 minutes, let stand 3 minutes, heat 5 minutes more). Garnish top with reserved avocado and crab. Pass remaining sour cream sauce at the table. Makes 5 or 6 servings. □

DAVID STUBBS

Chinese clay pots *were originally designed for use over a fire in clay braziers like these. Today, most restaurant and home cooks use them on gas and electric ranges*

LINDA SINGLETON

Prices range widely *for these clay casserole pots—from $3.75 to $6 for a 6-incher, $6 to $10 for a 10-incher. These were photographed in San Francisco's Chinatown*

DARROW M. WATT

Cook and serve *a complete meal in the same pot—rice on the bottom, seasoned beef and eggs on top*

Clay pots over direct heat? Yes. Imports from China

About 3,000 years ago, the Chinese began cooking in pots made from clay that could withstand high temperatures. The clay came from the quarries of Kwangsi in the southern province of Canton, as some of it still does today.

These classic pots first appeared in this country just a few years ago when the ban was lifted on imports from mainland China. Since then the pots have gained popularity, especially with the many new Chinese immigrants. With this increased demand, Hong Kong and other Asian countries have also started producing these pots—so they are getting easier to find.

Why are they popular? Many cooks believe that foods cooked in clay have a purer, sweeter, mellower flavor. They're especially favored for rice casseroles and long-cooking soups and stews. Sometimes a clay pot is used in combination with a wok for a twice-cooked dish. See opposite page for recipes.

Although they look like ovenware, these pots are designed to be used over direct heat. You can cook and serve in the same pot; the clay keeps food so hot that it comes to the table sizzling in its juices.

Besides these practical advantages, the pots are handsome. Some people buy them simply for their rustic good looks.

Shopping for your pot. With their slightly rough, bisque-colored exterior and dark, glazed interior, clay pots are easy to spot. All have lids (glazed or unglazed) with a wire handle or clay knob. The best pots are encased in wire to help prevent breakage and to conduct heat more evenly.

The pots come in several sizes and shapes. Most versatile and popular is the slope-sided casserole pot pictured above. With this type you can brown foods, cook rice casseroles, and simmer stews. The diameter ranges from 6 inches (holds about 2 cups) to 10 inches (holds about 3 quarts).

Our beef and rice dish and the pork stew fit the small 6-inch pot, a perfect

ze for one or two servings. If you ıve a larger family, buy the 7-inch -quart-size) or a slightly larger pot and ake the pork stew or chicken dish; both cipes can be easily doubled.

ou may also see two other types: soup ots and teapots. The first has rounded des and a high spout. The teapot is milar in shape but has a longer, skin-er spout and a stubby handle almost ongside it. Chinese use these teapots r brewing medicinal herbal teas.

's easy to find clay pots in San Fran-sco's Chinatown, but in other areas ou may have a hard time. Although it's ıfest to buy in person to insure against eakage, you can mail-order the pots om The Wok Shop, 804 Grant Ave., an Francisco 94108, and Ginn Wall ompany, 1016 Grant Ave., San Fran-sco 94133. Write for prices and ship-ing information.

ome pots get damaged on their long ip from China. Inspect carefully for acks before buying. Some stores will ll the pot you have chosen with water check for leaks.

resoaking and other cautions. Before sing them, soak both pot and lid in ater for at least 24 hours, drain, then t dry for another 24 hours. No further oaking is necessary.

void extreme changes in temperature hen using the pot. Place a wire diffuser ver electric elements; with gas, set the ot directly over the burner. Do not set chilled pot (as from the refrigerator) irectly on a hot burner—or place a eated pot on a cold or wet surface or ll it with cold water. Wash the glazed terior of the pot gently with water and ild detergent; do not scratch.

he following three recipes are based n traditional Chinese dishes that are specially well suited to cooking in a ay pot. But you could cook any of ey in range-to-table cookware instead, r simply use regular pots and pans, then ansfer to a serving dish.

eef and Rice in a Pot

n a 2-cup or slightly larger clay pot or ther pan, combine ½ cup long grain ce and 1 cup water. Boil over high eat, uncovered, just until most of the ater is absorbed, 6 to 8 minutes.

Ieanwhile combine ⅓ pound lean round beef; 1½ teaspoons soy sauce; 1 aspoon *each* minced fresh ginger and ugar; 1 clove garlic, pressed or minced; nd 1 green onion, including top, finely hopped. Also stir together 2 table-oons dry sherry and 1 tablespoon *each* y sauce and water.

our sherry mixture over partially oked rice, then distribute chunks of e meat mixture over the rice. Cover nd cook over low to medium-low heat st until the meat begins to lose its pink-ness, about 8 minutes.

Break 2 eggs over meat; cover and cook until eggs are done to your liking, 8 to 10 minutes. Makes 1 or 2 servings.

Pork and Carrot Stew

In a 2-cup or slightly larger clay pot or other pan, place 2 whole green onions; 2 thin slices fresh ginger (about 1 by 3 inches); 1 clove garlic, crushed; ¾ pound boneless pork shoulder, cut in about 1-inch cubes; ¼ cup water; 2 tablespoons dry sherry; 2 tablespoons soy sauce; and 1 tablespoon sugar. Bring to a boil; reduce heat, cover, and simmer until pork is tender, about 1 hour.

Add 2 medium-sized carrots, cut in ½-inch-thick diagonal slices. Cover and simmer until carrots are tender, 15 to 20 minutes longer. Skim fat. Serves 2.

For 4 servings, use a 1-quart or slightly larger clay pot or other pan and cook as directed, doubling all the ingredients.

Sizzling Chicken

- 4 chicken thighs (about ¾ lb.)
- Marinade for chicken (recipe follows)
- 3 tablespoons salad oil
- 2 cloves garlic, minced or pressed
- Half a medium-sized onion, thinly sliced
- 1 can (2 oz.) whole mushrooms, drained
- ¼ cup frozen peas
- ½ cup regular-strength chicken broth
- 1½ teaspoons cornstarch
- 2 teaspoons *each* soy sauce and water
- 2 tablespoons thinly sliced green onion

Remove skin and bones from chicken; cut meat in 1½-inch cubes. Coat meat in marinade; cover and chill at least 20 minutes or up to overnight.

In a wide frying pan or wok, heat 2 tablespoons of the oil over high heat. When hot, add chicken and cook, turning and tossing, until lightly browned, about 3 minutes; remove from pan.

In a 1-quart or slightly larger clay pot or the same size frying pan, heat the remaining 1 tablespoon oil over high heat. Add the garlic and onion and cook, stirring with chopsticks or a wooden spoon, just until garlic begins to brown. Add mushrooms, peas, chicken, and broth. Cover and boil gently until chicken is no longer pink inside, about 2 to 3 minutes.

Stir together the cornstarch, soy sauce, and water. Add to chicken and stir until sauce boils and thickens. Sprinkle with green onion. Makes 2 servings.—*R. L., San Francisco.*

Marinade for chicken. Stir together 2 teaspoons soy sauce, 1½ teaspoons minced fresh ginger, 2 teaspoons dry sherry, 1 teaspoon cornstarch, ½ teaspoon sesame oil (optional), ½ teaspoon sugar, and a dash of pepper.

For 4 servings, double all ingredients except salad oil. After browning chicken, cook onion and garlic in a 1-quart or larger clay pot or continue cooking in the frying pan or wok. □

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LINATONE FOOD SUPPLEMENT

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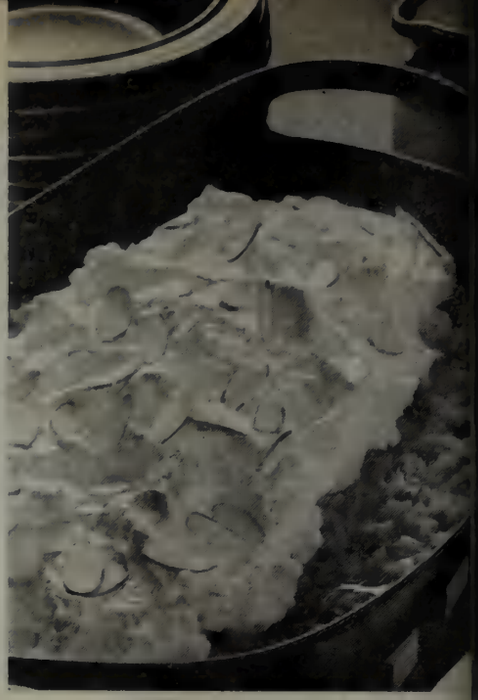
DARROW M. WATT

Caribbean flair *of this pudding comes from bananas, coconut, raisins steeped in rum*



Almond-meringue topping *crowns rice pudding enlivened with tangy lemon*

Rice pudding packed with nutritious extras . . . fruit, nuts, coconut

Imaginative cooks have plenty of flavoring options with rice pudding. The three versions pictured here are good examples; each is packed with nutritious extras.

You can make them with white or brown rice. Add chewy fruits, such as dried apricots, dates, or apples, to cook with the rice. Enhance the puddings with spices or citrus juice or peel. And top them with bananas, coconut, nuts, or a fancy meringue.

Caribbean Raisin-Rum Rice Pudding

- 3 cups water (3½ cups for brown rice)
- ½ teaspoon salt
- 1 cup long grain white or brown rice
- 1¼ cups (about 6 oz.) raisins
- ½ cup rum or orange juice
- 6 tablespoons butter or margarine
- 1½ cups (6 oz.) shredded coconut
- ½ cup brown sugar, firmly packed
- ½ teaspoon ground cinnamon
- 1 teaspoon grated orange peel
- 2 tablespoons orange juice
- 1 or 2 ripe bananas, sliced
- Whipping cream or half-and-half (light cream), optional

Bring water and salt to boiling in heavy 3-quart pan. Stir in rice, cover and simmer for 25 minutes (45 minutes for brown rice) or until tender and liquid is absorbed. Meanwhile mix raisins with rum and let stand.

When rice is almost tender, melt butter in a frying pan over medium heat. Remove raisins from rum with a slotted spoon (reserve rum) and add to butter with the coconut. Cook, stirring, until coconut is golden. Stir about ¾ of the coconut mixture into rice. Also stir in the reserved rum, sugar, cinnamon, orange peel and juice. Cook, stirring, until hot through, 3 to 5 minutes.

Garnish with the banana slices and reserved coconut mixture. Offer cream, if you wish. Serves 6 to 8.

Lemon Meringue Rice Pudding

- ½ cup brown sugar, firmly packed
- 1 tablespoon cornstarch
- ½ teaspoon ground cinnamon
- ½ cup cold milk
- 3 cups cooked brown or white rice
- 2½ cups milk, scalded
- 2 tablespoons butter or margarine
- 3 eggs, separated
- 1½ teaspoons grated lemon peel
- 6 tablespoons lemon juice
- Meringue (recipe follows)
- About ⅓ cup sliced or slivered almonds

In a heavy 3-quart pan, combine the sugar, cornstarch, and cinnamon. Add the cold milk and stir until sugar dissolves. Stir in the rice, scalded milk, and butter. Place over medium-low heat and cook, stirring often, until steaming hot.

In a bowl, beat egg yolks lightly (reserve whites for meringue); stir about ½ cup of the hot rice mixture into egg yolks, then stir all back into pan and mix well. Pour into a well-buttered, shallow 2½-quart baking dish.

Bake, uncovered, in a 325° oven for 20

A splash *of heavy cream is perfect accent to fruit-rich rice pudding*

minutes. Stir in lemon peel and juice, then bake until thick and creamy, about 20 minutes more. Remove from oven and reset oven temperature to 400°.

Spoon meringue over center portion of pudding and sprinkle with almonds. Bake at 400° until browned, about 10 minutes. Serve warm. Serves 8 to 10.

Meringue. Beat the egg whites and ⅛ teaspoon salt until foamy. Beat in ¼ cup sugar, 1 tablespoon at a time, beating about 30 seconds after each addition. Scrape down sides and continue beating until sugar is completely dissolved. Beat in ½ teaspoon vanilla.

Fruited Rice Pudding with Coconut

- 2 cups cooked brown or white rice
- 2 cups milk
- 1 cup sugar
- 3 tart apples
- ¼ teaspoon grated lemon peel
- 3 tablespoons lemon juice
- ¾ cup chopped, pitted dates
- ½ cup dried apricots, quartered
- 3 tablespoons melted butter or margarine
- 3 eggs, separated
- ⅔ cup shredded or flaked coconut
- Whipping cream (optional)

In a large bowl, mix together the rice, milk, and ¾ cup of the sugar. Peel and finely chop apples; stir into rice mixture along with the lemon peel and juice, dates, apricots, and butter. Beat egg yolks lightly and stir into pudding.

In another bowl, beat egg whites until soft moist peaks form. Gradually beat in the remaining ¼ cup sugar. Fold beaten whites into rice mixture and turn into a well-buttered, shallow 3-quart baking dish. Sprinkle with coconut.

Bake, uncovered, in a 350° oven until a knife inserted near the outer edge comes out clean, about 45 to 50 minutes. Serve warm with cream, if desired. Makes 8 to 10 servings. □

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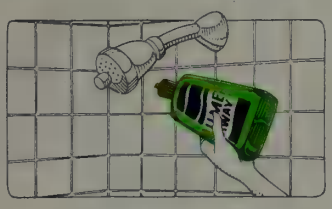

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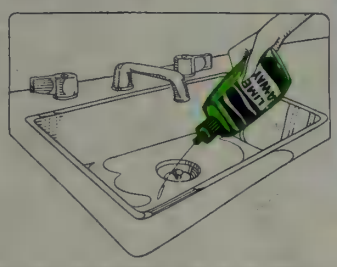

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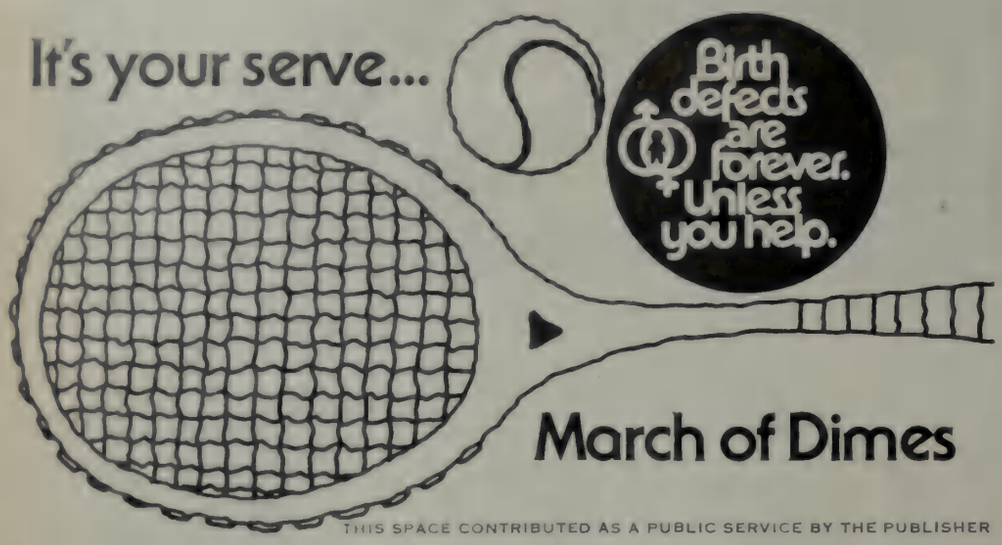

March of Dimes

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Imagine spending a week in Hawaii — with $10,000.00 pocket money. It's a dream vacation to be sure ... and you could be the winner.

The National Chicken Cooking Contest is sponsored by the National Broiler Council. If your recipe is selected as the winner, you will win First Prize of $10,000.00. And if you've enclosed a proof-of-purchase of a Country Pride Chicken along with the recipe, ***your bonus prize will be a Hawaiian vacation.***

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CONTEST RULES:
1. Mail recipes to National Chicken Cooking Contest, P.O. Box 28158, Central Station, Washington, D.C. 20005.
2. To qualify for Country Pride Bonus Prizes, you must include a Country Pride proof-of-purchase. A proof-of-purchase consists of a Country Pride wing tag, recipe insert, or Country Pride package label.
3. Entries should be postmarked no later than April 1, 1978.
4. Recipes may include either whole or parts of chicken; written for four servings; with exact amount of ingredients and specific instructions. The ingredients must be readily available.
5. Contest is open to any resident of the United States and you may submit as many recipes as you like. Be sure to write name, address and phone number on each recipe entry.
6. Recipes will be judged on simplicity, interest, taste and appearance.
7. All other rules of the National Chicken Cooking Contest apply.

Attach proof-of-purchase to this entry blank.

Cowboy beans and chile beans

Two bean dishes that have nourished many generations of Westerners—cowboy beans and chile—continue to be family favorites. Now we've updated the recipes for these classics. You can make them fast with canned beans, or more economically with dry beans, using a cooking method first reported on page 90 of the June 1977 *Sunset*:

To cook dry beans, add 1 pound dry beans to 8 cups boiling water, boil 2 minutes, remove from heat, cover, and soak 1 hour (or dissolve 2 teaspoons salt in 6 cups water, add beans, and soak overnight). Drain and rinse beans; discard soaking water. Dissolve 2 teaspoons salt in 6 cups boiling water; add soaked beans and boil gently (do not cover), adding water if needed to keep beans covered, until tender, about 30 to 35 minutes. Drain. Makes 6 to 7 cups.

Cowboy Beans

- 2 (about 1 pound) ham hocks
- About 6 cups water
- 2 large onions, chopped
- 2 large cloves garlic, minced or pressed
- 1 to 1½ teaspoons crushed red pepper
- About 8 cups cooked or canned pinto, red, or pink beans, drained
- Salt to taste

In a 6 to 8-quart Dutch oven, combine ham hocks with 4 cups of the water, onion, garlic, and red pepper. Simmer, covered, for 1 hour. Add the beans and simmer, covered, for 1 to 1½ hours, or until ham is very tender. Remove ham, cool, then remove meat from bones. Discard bone and fat; return meat to pan. Reheat, adding water to reach desired consistency; add salt if needed. Makes about 6 servings.—*P. M., Pendleton, Ore.*

Chile Beans

Crumble 1 pound ground beef or bulk pork sausage (or ½ lb. *each*) into a 5 or 6-quart Dutch oven. Stir over medium-high heat until crumbly and browned. Add 3 large onions, chopped; 2 large cloves garlic, minced or pressed; and 1 green pepper, chopped. Cook, stirring, until onion is limp.

Stir in 1 can (1 lb. 12 oz.) tomatoes (including liquid), 4 to 5 teaspoons chile powder, 1 teaspoon oregano leaves, ½ teaspoon *each* ground cumin and crushed red pepper, 1 cup water, and about 6 cups cooked or canned pink, pinto, or red beans, drained. Simmer, covered, for 1 to 1½ hours, adding salt to taste and more water to thin to desired consistency; skim fat, if needed. Makes about 6 servings. □

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DARROW M. WATT

DAVID STUBB

Food processor *mixes dough up quickly for these richly browned, buttery French brioches. They add an elegant touch to any breakfast or brunch*

A dozen buttery brioches

Just the right size to mix in a food processor, this brioche recipe is scaled to make a dozen of the rich, buttery rolls.

You mix the soft yeast dough a day in advance so it can rest overnight in the refrigerator—a technique that makes brioches easier to shape and springier in texture. Even if you don't have a food processor, you can try this recipe using an electric mixer or beating by hand.

Petite Brioche

- 1 package active dry yeast
- ½ cup warm water (about 110°)
- 2 teaspoons sugar
- 1¼ teaspoons salt
- 3 eggs
- ½ cup (¼ lb.) butter or margarine at room temperature
- About 3½ cups all-purpose flour, unsifted
- 1 egg yolk beaten with 1 tablespoon milk

Combine yeast and water in the bowl of a food processor or mixer bowl. Using the processor with metal blade, blend with 2 on-off bursts. Or mix with a spoon. Let stand 5 minutes.

Add sugar, salt, and eggs; process or beat until blended. Cut butter in small pieces and add to bowl along with 3⅓ cups of the flour. Process or beat just until dough is evenly moistened and holds together. (With the processor, be careful to not overwork the dough; if processor begins to slow down, turn off motor.)

Sprinkle about 3 tablespoons flour on a board and turn out dough. Knead dough about 25 times or just until smooth and lightly coated with flour.

Place dough in a greased bowl; turn over to grease top; cover and let rise in a warm place until doubled, 1 to 2 hours. Punch dough down; knead briefly on a lightly floured board to release air. Return to greased bowl; turn over to grease top. Cover with clear plastic wrap; refrigerate 12 to 24 hours.

Knead dough on a lightly floured board to release air. Divide into 12 equal portions if using 3 to 4-inch petite brioche pans or 3-inch muffin cups, 16 equal portions if using 2½-inch muffin cups. Dough is easiest to handle when cold so shape a few at a time, keeping remaining dough covered and refrigerated.

Pinch off about 1/6 of each portion and set aside. With lightly floured hands, shape the large portion into a smooth ball by pulling surface of dough to underside of ball. Set ball, smooth side up, in a well-buttered petite brioche pan or muffin cup. Press dough down to fill pan bottom evenly.

Shape the small piece of dough into a teardrop that is smooth on top. With your finger, poke a hole in the center of the brioche dough and firmly insert the teardrop's pointed end (if not secure, it will pop off at an angle while baking). Repeat until all brioches are shaped.

Cover filled pans and let stand in a warm place until almost doubled (1 to 2 hours). With a soft brush, paint tops of brioches with egg yolk - milk mixture; do not let glaze accumulate where topknot joins brioche.

Bake in a 425° oven for 18 to 20 minutes or until richly browned. Remove brioches from pans and serve warm or let cool on racks. To reheat, bake in a 350° oven, uncovered, until warm, about 10 minutes. Makes 12 to 16.

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Quick and Easy

Kintall Cornish Game Hens

2 Cornish Hens, thawed
1 cup cooked wild rice (or mixture wild and long grain) with some chopped apple pieces and chopped pecans in it
3 Tbsp. butter or margarine
4 Tbsp. orange marmalade
4 Tbsp. ginger marmalade
¼ cup ginger brandy
2 Tbsp. lemon juice

Salt cavity and stuff game hens with rice, apple, pecan mixture. Place hens on foil in pan. Over medium heat, melt butter. Add orange and ginger marmalades, lemon juice and brandy. Stir until heated. Brush some of the marmalade mixture over hens, coating them well. Cover hens with foil. Bake in a preheated 350 degree oven for 30 minutes. Uncover and baste frequently with pan drippings and more marmalade mixture, adding more brandy if desired, for one hour more.

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DARROW M. WATT

Bright flames *dance across apple-laden mint sauce to serve with leg of lamb*

Flaming fruit to serve with lamb, beef, pork, ham, fowl

A chunky fruit sauce for meat or poultry is sure to add a flair to Easter dinner when it's set aflame at the table.

The three sauces we offer here should complement any roast you choose to serve: Brandied apple-mint for beef or lamb; piquant papaya-orange for pork, ham, or duck; and cranberry-pear for chicken, turkey, or ham.

The flames are fueled with the liqueur or brandy that accents the flavor of each sauce. To do the flaming, reheat the sauce to boiling in a wide chafing dish or frying pan immediately before serving; also heat the liqueur to steaming. At the table, ignite liqueur and spoon over sauce; when the flames die, spoon the sauce over individual portions.

Brandied Apple-Mint Sauce

- 2 large Golden Delicious apples
- 1 tablespoon lemon juice
- 2 tablespoons butter or margarine
- ½ cup mint-flavored apple jelly
- ½ teaspoon dry mint leaves
- 1¾ cups apple juice
- 3 tablespoons cornstarch dissolved in 3 tablespoons water
- Few drops green food coloring
- ¼ cup apple-flavored brandy or regular brandy

Peel apples and cut into ½-inch slices; toss with lemon juice. In a frying pan, sauté apple slices in butter until tender-crisp, about 2 minutes. Stir in the jelly, mint, apple juice, cornstarch mixture and food coloring; bring to boiling, stirring, until thick and clear; cover and chill if made ahead.

To serve, reheat sauce to boiling in a wide chafing dish or frying pan. Also heat brandy to steaming in a small pan set over medium heat, or in a glass cup in a microwave oven at full power for 30 seconds. At the table or in an open area, ignite brandy and pour onto hot sauce, stirring when flames die. Makes about 2½ cups.

Papaya-Orange Sauce

- 1 medium-sized orange
- 3 tablespoons honey
- 1 tablespoon lemon juice
- 2 cups papaya juice or nectar
- 2½ tablespoons cornstarch mixed with 2½ tablespoons water
- 1 large papaya
- ¼ cup orange-flavored liqueur

Grate the outer peel from orange, making sure not to include any white membrane; reserve. Then squeeze orange to make ¼ cup juice; save remaining juice for other uses.

In a 2-quart saucepan, combine the peel, ¼ cup orange juice, honey, lemon juice, papaya juice, and cornstarch mixture. Bring to boiling, stirring, over high heat until sauce thickens and clears; cover and chill if made ahead.

To serve, reheat sauce to boiling in a chafing dish or frying pan. Cut papaya into ¾-inch cubes; gently stir into hot sauce. Also heat the liqueur to steaming in a small pan set over medium heat, or in a glass cup in a microwave oven at full power for 30 seconds. At the table or in an open area, ignite liqueur and pour onto hot sauce, stirring when flames die. Makes about 2½ cups.

Cranberry-Pear Sauce

- 2 large pears, peeled and cut into ¾-inch cubes
- 2 tablespoons butter or margarine
- [illegible] ounces fresh or frozen (defrosted) unsweetened cranberries
- ⅓ cup sugar
- 1 can (12 oz.) pear nectar
- 1 cinnamon stick (3-inch) broken in half
- ⅓ cup water
- ¼ cup cranberry liqueur or rum

In a frying pan, sauté the pears in the butter just until tender, about 2 minutes; lift from pan and set aside. To the pan, add the cranberries, sugar, nectar, cinnamon, and water. Cover and simmer until berries mash easily to form a thick sauce, about 15 minutes. Stir in the pears; cover and chill if desired.

To serve, heat sauce to boiling in a wide chafing dish or frying pan. Also heat liqueur to steaming in a small pan set over medium heat, or in a glass cup in a microwave oven at full power for 30 seconds. At the table or in an open area ignite liqueur; pour over hot sauce, stirring when flames die. Makes 3 cups.

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(DESSERT)

(MAIN DISH)

(SNACK)

S-A-SNAP CHEESECAKE

nvelope Knox
flavored Gelatine
cup sugar
up boiling water
ackages (8 oz. ea.) cream eese, softened
sp. vanilla extract (optional)
nch graham cracker crust

arge bowl, mix Knox flavored Gelatine and sugar; l boiling water and stir until atine is completely dis- ved. With electric mixer, t in cream cheese and illa until smooth. Pour into pared crust; chill until firm, out 2 hours. Top, if desired, h fresh or canned fruit. kes about 8 servings.

CARAMEL APPLE BLOX

4 envelopes Knox Unflavored Gelatine
¼ cup sugar
2 cups apple juice, heated to boiling
½ cup caramel or butterscotch flavored ice cream topping
1½ cups chopped peeled apple

In large bowl, mix Knox Unflavored Gelatine and sugar; add hot juice and stir until gelatine is completely dissolved. Blend in ice cream topping and apples. Pour into 8 or 9-inch square pan and chill until firm. To serve, cut into 1-inch squares. Makes about 6 dozen.

CRANBERRY CROWN

3 envelopes Knox Unflavored Gelatine
½ cup sugar
2 cups cranberry juice cocktail, heated to boiling
2 cups cranberry juice cocktail
½ cup chopped apple
½ cup chopped celery
½ cup chopped walnuts

In large bowl, mix Knox Unflavored Gelatine and sugar. Add hot cranberry juice and stir until gelatine is completely dissolved, about 3 minutes. Add remaining juice and chill until mixture is the consistency of unbeaten egg whites. Fold in apples, celery and walnuts. Turn into 5-cup ring mold or shallow baking pan; chill until firm. Serve with your favorite chicken, turkey, ham or seafood salad. Makes about 8 servings.

Find more make-ahead recipes in **THE NEW KNOX GELATINE COOKBOOK—only $1.99.** Exciting new ones and familiar favorites, from appetizers to desserts, are in our new 128-page hardbound edition. Send your name, address, and $1.99 (check or money order only) to Knox Gelatine Cookbook, P.O. Box 9959-S, St. Paul, MN, 55199. Zip code must be included to guarantee delivery.

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DARROW M. WATT

Anxious *for dinner, Jennifer watches Grandpa carve ham garnished with pineapple slices and apricot halves. Sweet potatoes, artichoke casserole complete the Easter menu*

MARCH MENUS

Easter dinner that's both festive and easy, a Polynesian pork spread, and a speedy supper with shellfish

When your repertoire of menus includes an oven-cooked dinner, a stir-fry entrée, or succulent simmered meat, you can successfully combine the roles of cook and hostess at your own party.

While you relax with family or friends on Easter Sunday, baked ham and a vegetable casserole can cook in one oven at the same time. For a small dinner party and last-minute guests, stir-fried shrimp served on noodles makes a satisfying one-dish meal. Or, when there's plenty of time, a pork roast can simmer unattended, to juicy perfection.

Easter day dinner

Although planned as an easy Easter dinner, this menu is festive enough for any special occasion.

Jam-glazed Baked Ham
Baked Sweet Potatoes
Swiss Artichoke Hearts
Butter Lettuce Oil and Vinegar Dressing
Peanut Pretzel Torte

You can prepare the torte up to 24 hours before serving; cover and chill. Early in the day, assemble the artichoke casserole so it is ready to bake with the ham and potatoes.

Jam-glazed Baked Ham

Choose a 6 to 7-pound butt or shank half ham, fully cooked, or a 5-pound canned ham. Place fat side up in a baking pan and bake, uncovered, in a 325° oven for 45 minutes. Remove from oven; score fat by cutting diagonal slashes just to, but not into, the meat.

In a bowl, mix 1 egg yolk and ¾ cup apricot-pineapple jam. Spread over ham, then stud with pecan halves (about ¼ cup). Bake 45 minutes to 1 hour longer or until glaze is browned. Before serving, garnish with canned pineapple slices and apricot halves. Makes 10 to 12 servings.—*J. L., San Diego.*

Swiss Artichoke Hearts

- 2 packages (9 oz. *each*) frozen artichoke hearts
- 3 tablespoons butter or margarine
- 1 medium-sized onion, chopped
- 1½ tablespoons all-purpose flour
- 1½ cups milk
- ¾ teaspoon oregano leaves
- 3 hard-cooked eggs, chopped
- Salt and pepper
- 1 cup shredded Swiss cheese
- Paprika

Cook artichokes according to package directions and drain well. Melt butter in a 3-quart pan over medium heat, then add onion and cook until limp. Stir in flour and cook until bubbly. Gradually add milk and cook, stirring, until thickened. Remove from heat; mix in the

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GENERAL FOODS

DARROW M. WATT

Electric wok *or frying pan is used to stir-fry shrimp and vegetables for speedy supper*

oregano, eggs, artichokes, and salt and pepper to taste. Spoon into a shallow 1½-quart casserole and sprinkle with cheese and paprika. Cover and chill if made ahead.

Bake casserole, uncovered, in a 325° oven for about 20 minutes (35 minutes if chilled) or until bubbly. Makes 6 to 8 servings.—*R. K., Walnut Creek, Calif.*

Peanut Pretzel Torte

- ¾ cup finely crushed pretzel crumbs
- 1¼ cups sugar
- 6 tablespoons melted butter or margarine
- 2 envelopes unflavored gelatin
- ¼ cup water
- ¼ teaspoon salt
- 2 cups milk
- 4 eggs, separated
- 1 cup cream-style peanut butter
- 1 cup heavy cream, whipped
- 1 ounce unsweetened chocolate, grated

Combine pretzel crumbs, ¼ cup of the sugar, and butter and press mixture firmly into the bottom of a 9-inch cheesecake pan with removable sides. Bake in a 350° oven for 8 minutes; cool.

In a 3-quart pan, sprinkle gelatin over water; let stand 5 minutes. Stir in ½ cup of the sugar, salt, milk, and egg yolks. Cook over medium heat, stirring, just until mixture boils. Remove from heat; mix in peanut butter until smooth. Chill, stirring occasionally, until it mounds slightly when dropped from a spoon.

In a mixing bowl, beat egg whites until foamy; then gradually add the remaining ½ cup sugar and beat until whites are stiff. Fold into peanut butter mixture, then fold in whipped cream. Spoon into crumb-lined pan, cover, and chill until firm. Remove sides from pan and top torte with chocolate. Serves 10 to 12.

Speedy shellfish supper

Quick-cooking Oriental noodle soup mix forms the base for this easy curry.

Spiced-to-taste Shrimp Curry
Marinated Asparagus Spears
Frozen Yogurt or Fruit Sherbet

Lightly cook about ½ pound asparagus spears per person, then plunge them into cold water and drain well. Marinate in homemade or purchased oil and vinegar dressing while you prepare the curry. Have all the curry ingredients ready before you start to cook, measuring the spices according to your taste.

Spiced-to-taste Shrimp Curry

- 2 packages (3 oz. *each*) Oriental noodle soup mix with pork flavor packet
- 3 tablespoons salad oil
- 1 large onion, sliced
- 1 clove garlic, minced or pressed
- 1½ cups thinly sliced celery
- 3 to 4½ teaspoons curry powder
- ¾ to 1¼ teaspoons turmeric
- 1 pound medium-sized (30 to 32 count) shrimp, shelled and deveined
- ⅓ cup catsup
- Salt and pepper
- 1 cup cherry tomato halves

Cook noodles following package directions except drain before stirring in flavor packet. Turn into serving bowl; keep warm. Heat oil in an electric wok at

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Lasagna, with love-Italian style.

Create a great Italian favorite with Golden Grain Lasagna, made from the golden grains of finest durum wheat. It's easier than ever, too. You see, Golden Grain has already made the marvelous sauce for you—their famous Marinara sauce. Lasagna "al Forno"—lasagna with love, Italian style. So sweet and easy to prepare.

Lasagna "al Forno"

1 lb. ground beef
1 small onion, minced
1 clove garlic, minced
2 Tbsp. olive oil
2 (15 oz.) cans Golden Grain Marinara Sauce
Salt and pepper
1 pkg. (8 oz.) Golden Grain Lasagna
1 lb. Mozzarella, sliced thin
2 hard cooked eggs, sliced
¼ cup grated Parmesan cheese

Brown ground beef, onion and garlic in oil. Add sauce; simmer 15 min. Season with salt and pepper. Cook lasagna as directed on package. Layer in oblong baking dish: sauce, lasagna, cheese, eggs, Parmesan cheese. Repeat layers; top with sauce and cheese. Bake at 375°F., 20 min. Serves 6.

THE GOLDEN GRAIN FAMILY OF FINE FOODS

375°, or in a wide frying pan ove medium-high heat. Add onion, garlic and celery, and cook, stirring, for 2 t 3 minutes.

Then stir in curry powder, turmeric, an shrimp, and cook, stirring, until shrim are pink, 3 to 5 minutes. Mix in catsup salt and pepper to taste, and tomatoes Spoon over noodles. Serves 4.—*E. S. Kerman, Calif.*

Polynesian pork dinner

You can use either a boneless pork loi or pork butt. The loin is generally mor expensive, but it cuts into neater slice for a company meal.

Hawaiian Simmered Pork
Hot Cooked Rice **Buttered Broccoli**
Iceberg Lettuce Wedges
Thousand Island Dressing
Papaya Ambrosia

Prepare the dessert 4 to 6 hours befor serving; cover and chill. Allow 45 min utes to 1 hour per pound for the mea to simmer, unattended.

Hawaiian Simmered Pork

Place a 3½ to 4-pound boneless por loin or butt in a 5-quart kettle. In bowl, mix together ¾ cup white vine gar, ½ cup soy sauce, ½ cup firml packed brown sugar, and 2 thin slice fresh ginger or ½ teaspoon ground gin ger; pour over pork. Cover and simme for about 3 hours or until pork is tende when pierced with a fork; turn roas several times during cooking.

Transfer pork to a platter; keep warm skim fat from pan juices. Combine tablespoons *each* cornstarch and wate and stir into pan juices; cook, stirring until bubbly. Pass separately at the table Serves 6 to 8.—*L. G., San Diego.*

Papaya Ambrosia

- ⅔ cup coconut, finely chopped
- 2 large oranges
- 2 tablespoons lime juice
- ¼ cup orange-flavored liqueur or orange juice
- 2 medium-sized papayas

Spread coconut in a shallow pan; plac in a 350° oven for about 8 minutes o until golden; stir several times.

Grate enough orange peel to make teaspoon and combine it with the lim juice and liqueur. Cut off peel and whit membrane from oranges, thinly slice then cut each slice in half or quarters Cut papayas lengthwise in quarters peel, and discard seeds. Cut across i thin slices, and set aside.

In 6 individual dessert glasses, evenl arrange half the oranges and sprinkl with ¼ of the coconut. Cover with hal the papaya slices and pour over hal the juice mixture. Top with another ¼ of the coconut. Repeat layers. Cove and chill 4 to 6 hours. Serves 6.—*H. N. San Francisco.*

/hen you're in hot water at lunchtime, it's time for the Instant Lunch.

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Maruchan. Makers of Won Ton Soup, Ramen Supreme Noodles and the Instant Lunch.

W. D. A. STEP

Paper-thin sheets *of fila dough give a flaky texture to Greek milk pie*

Milk pie . . . flaky, buttery, Greek

Sweet confections made with layer upon layer of delicate fila dough line the shelves of pastry shops in Greece. One of the most popular is a not-too-sweet custard dessert called *galatoboureko* (gahl-a-to-bor-*ee*-ko), or milk pie.

Unlike many Middle Eastern pastries that have their origins in Turkish cookery, galatoboureko is proclaimed to be strictly Greek. It's made by sandwiching a creamy farina-thickened custard between buttery layers of fila dough, then drizzling the baked dessert with a cinnamon syrup.

Our version is made with ready-to-use fila dough, available in the refrigerated or freezer section of specialty food stores. Make the full recipe for a crowd of 24, or halve it (we give directions) for your family or a small dinner party.

Greek Milk Pie *(Galatoboureko)*

- 1 package (1 lb.) fila dough
- 8 eggs
- 1 cup sugar
- 1½ cups farina (regular cream of wheat cereal)
- 8 cups milk
- 1½ teaspoons grated lemon peel
- 4 teaspoons vanilla
- ½ teaspoon ground nutmeg
- ¼ teaspoon salt
- ¾ cup melted butter or margarine
- Cinnamon syrup (recipe follows)

If your fila dough is frozen, place it in the refrigerator overnight to thaw. Remove dough from refrigerator and let it stand at room temperature 2 hours before using.

Combine the eggs and sugar in a 4 or 5-quart pan and beat with a rotary or electric beater until lemon-colored. Gradually beat in the farina and milk until blended. Then cook over medium-high heat, stirring constantly with a wire whip or spoon, until mixture is steaming hot, about 8 minutes.

Reduce heat to medium-low and c tinue cooking and stirring mixture u it thickens into a porridge-like cons ency, 10 to 15 minutes longer. Rem from heat; stir in lemon peel, vani nutmeg, salt, and 2 tablespoons of butter. Cover with waxed paper, pr ing it down to touch custard surface prevent a scum from forming on surfa

Meanwhile, lay fila sheets out on a working surface; cover with clear pla wrap to prevent drying out.

Lightly brush the bottom and sides o 10 by 15-inch roasting pan (at leas inches deep) with melted butter. Pl 1 sheet of fila in pan, pressing edges pan sides; brush very lightly with butt Place another sheet of fila on top a lightly brush with butter. Continue l ering fila and melted butter until ⅔ the fila is in pan. Then spread custa mixture evenly over fila and layer maining ⅓ of fila sheets with butt brush the top with butter also.

Using a sharp knife, score the top 3 o layers of pastry into 24 squares. Ba in a 375° oven for 45 minutes or u top is richly browned. Cool on a w rack and serve warm or at room te perature. Just before serving, driz cool cinnamon syrup over top. Mak 24 servings.

Cinnamon syrup. In a small pan, co bine ½ cup sugar, ⅓ cup water, 1 tab spoon lemon juice, and one 3-inch c namon stick. Bring to boiling, stirri to dissolve sugar; remove from heat a let cool to room temperature.

For 12 servings, use ½ pound f dough; prepare half the farina custa use half the butter, and prepare half t cinnamon syrup. Using a 9-inch squa baking dish, assemble pastry as direct above. Bake in a 375° oven for 25 mi utes or until richly browned.

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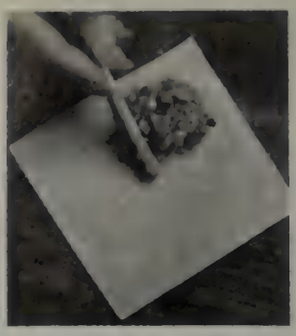

Chopstick helps *roll won ton over filling; turn, bring sides together, overlap, and seal*

DARROW M. WA

Pork-filled *dumplings are served steaming hot with a spicy sauce made of peanut butter, soy, cayenne*

Chinese dumplings, hot and spicy

Those odd shapes at right are stuffed won tons dressed with a spicy peanut sauce. Serve them as a first course, or as an entrée with rice, spinach, and a simple soup made from the won ton cooking broth.

Look for won ton skins in the freezer or refrigerator section of supermarkets. Or look in Oriental markets, where you'll also find the sesame oil.

The most time-consuming part of this dish is filling the ½ pound of won ton skins. so you might want to double the filling recipe and stuff a whole pound at once. Then freeze half for another occasion, making more sauce later.

Hot, Spicy, Peanut Sauce Dumplings

For the filling, mix ½ pound lean ground pork; 2 tablespoons finely chopped green onion; 1 clove garlic, minced or pressed; 1½ teaspoons soy sauce; 1 teaspoon minced fresh ginger; and 1 teaspoon sesame oil (optional).

To fill won tons, you'll need ½ pound won ton skins (about 35 to 40; thaw, if frozen) and 1 beaten egg. Wrap the stack of won tons in a damp towel, removing one at a time.

For each dumpling, place a teaspoonful of filling in one corner of the skin. Put a dot of beaten egg in the center of the square and tuck skin around filling. Egg will seal skin in place. Turn won ton—now a triangle—over, and moisten the top of one side corner with egg. Pull opposing corners together in a circular motion (see photograph at top right), overlap corners, and press to seal, to make something like a nurse's cap.

Arrange in a single layer on pans. Kee covered with clear plastic film. If mad ahead refrigerate up to 24 hours, c freeze. (Pack airtight in plastic bag after dumplings are frozen solid. Whe thawing, spread out in a single layer an keep covered.)

To make sauce, mix 3 tablespoon creamy-style peanut butter and 5 table spoons salad oil until smooth. Add ½ cup soy sauce, 3 tablespoons sugar, teaspoons sesame oil (or salad oil), 1 tea spoon minced or pressed garlic, and ½ to ¾ teaspoon cayenne; stir unt smooth. Cover and chill if made ahead but let warm to room temperature be fore serving.

To cook dumplings, bring 1½ quart regular-strength chicken broth to boil ing. Add about 1 dozen won tons an simmer, uncovered, turning occasion ally, until pork filling is no longer pin inside, about 3 to 4 minutes. With slotted spoon, lift dumplings from broth place in a shallow platter, cover, an keep warm.

Pass peanut sauce to pour over ho dumplings. Makes about 3 dozen enough for 6 to 8 first course serving or 3 or 4 entrée servings.—*C. W., Pal Alto, Calif.*

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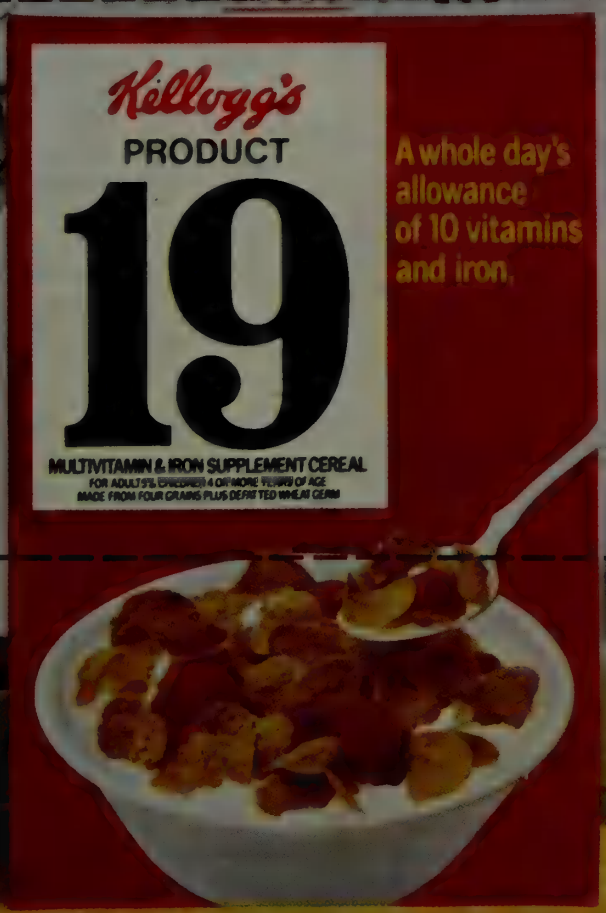

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Mixed with crunch. *Spiced apple slices have wholesome, crispy topping; cream is optional*

Topping a torte. *Rows of sliced apples pattern the surface of lemony cakelike torte. Cinnamon sugar with chopped nuts sweeten and glaze the fruit*

Instead of apple pie

Apple torte, apple crisp, apple meringue, apples afire

Modern storage techniques make it p sible for us to buy top-quality apples t year around. This is a good time to u some to try one of the four dinner-pa desserts pictured here.

Tart, juicy apples such as Pippins a Winesaps are best for making the ap crisp and cinnamon-apple torte. Swe juicy Golden Delicious apples reta their shape when cooked; use them f the meringue-covered baked apples a poached apples flambé.

Spicy Apple Crisp

Peel, core, and thinly slice 5 large t apples such as Pippins or Winesaps; m with ½ cup raisins, ¼ cup firmly pack brown sugar, 1 teaspoon ground cinn mon, ¼ teaspoon ground nutmeg, and tablespoon lemon juice. Turn fruit int shallow 2-quart casserole.

Stir together ¼ cup *each* wheat ger and whole wheat flour, ⅔ cup quic cooking rolled oats, ½ cup *each* firm packed brown sugar and salted roast sunflower seeds, and 1 teaspoon grou cinnamon. With a spoon or your han work in ½ cup butter or margarine (room temperature) until well blended.

Press handfuls of the mixture togeth then break into chunks and distribu evenly over apples. Bake, uncovered, a 375° oven until apples are tender a top is browned, about 40 to 45 minut Serve warm or cooled. Top with swe

mound of meringue. *Baked apple with fluffy covering kes an elegant dessert. Pass hot syrup to pour on top*

ed whipped cream if desired. Serves o 6.—*J. R., Burbank, Calif.*

nnamon-Apple Torte

ith an electric mixer, beat ½ cup but- or margarine (slightly softened) and cup sugar until creamy. Add 3 eggs, e at time, beating thoroughly after ch addition. Stir in ½ teaspoon *each* nilla and grated lemon peel, and 1 cup -purpose flour (unsifted); blend thor- ghly. Spread batter into a greased and ured 11-inch tart pan with removable ttom (or a 10-inch cheesecake pan).

el, core, and thinly slice 3 medium- ed tart apples such as Pippins or Wine- ps (use 2 apples for a 10-inch pan). range over entire batter, overlapping ges slightly. Stir together another ½ p sugar with 1½ teaspoons ground namon and ⅓ cup chopped nuts; rinkle evenly over apples. Bake in a 5° oven for 40 minutes, or until cake lls away from sides of pan. Cool on k; remove pan rim; serve warm or oled. Makes 10 to 12 servings.

eringue-covered Baked Apples

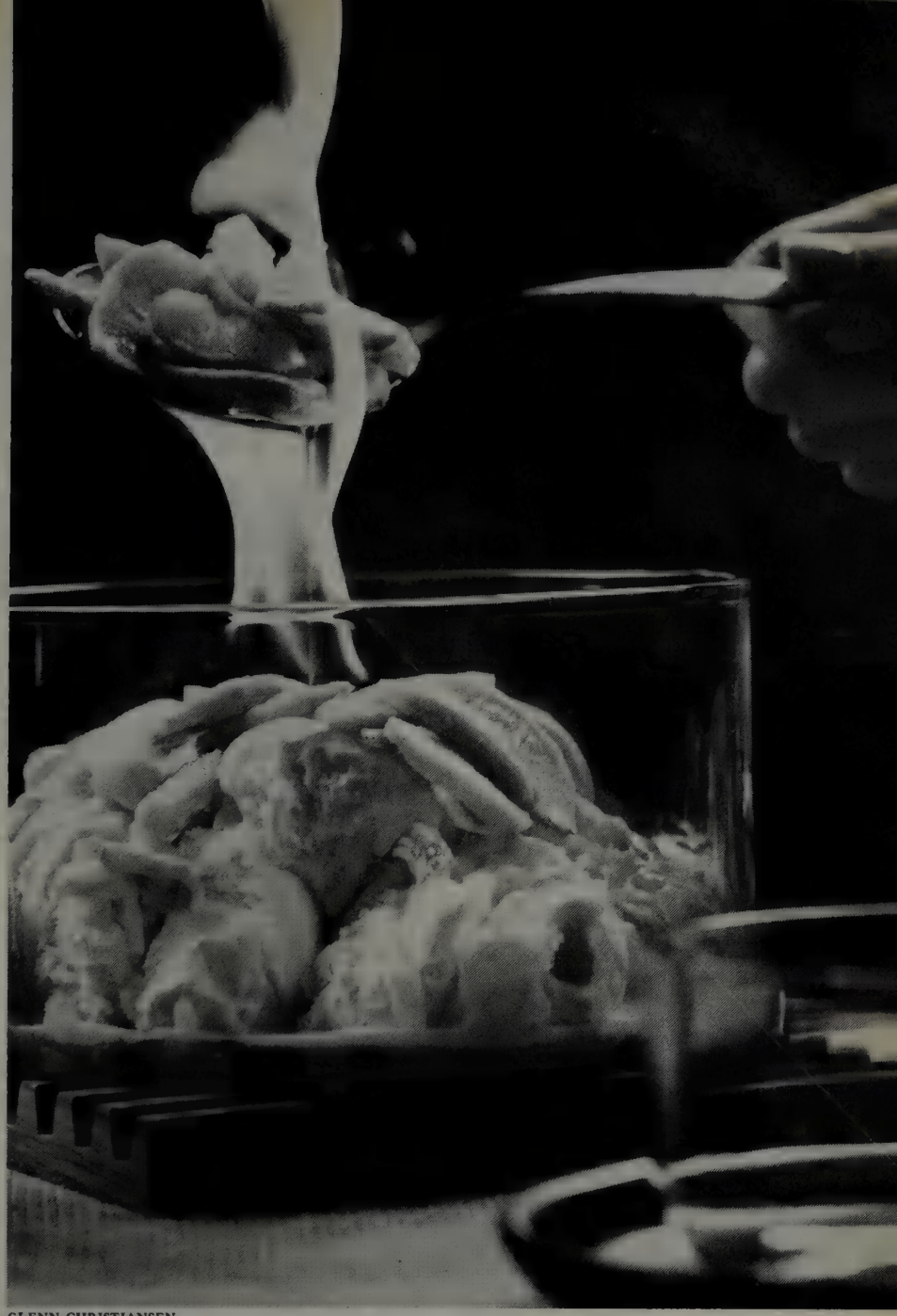
a saucepan, combine ¾ cup sugar, ¾ spoon ground cinnamon, ¼ teaspoon ound nutmeg, ½ teaspoon vanilla, 2 lespoons lemon juice, and ⅔ cup ter. Bring to a boil, stirring, until sugar solves.

nd 4 medium-sized Golden Delicious ples (peeled and cored) upright in an 8 or 9-inch square baking dish. Pour syrup over apples. Bake, covered, in a 350° oven, turning and basting apples with syrup occasionally, until barely tender when pierced, 30 to 40 minutes.

With a wide spatula, transfer apples to a greased baking sheet, placing them at least 3 inches apart; reserve syrup. Beat 3 egg whites until foamy. Gradually add ½ cup sugar, a tablespoon at a time, beating to form stiff, glossy peaks. Spread meringue over each apple to cover completely, sealing meringue to pan.

Bake, uncovered, in a 350° oven until the meringue is golden, about 20 to 25 minutes. With a spatula, transfer apples to serving dishes.

Add ¼ cup whipping cream to remaining syrup and heat, stirring, until it boils. Serve in a small pitcher to pour over individual servings. Makes 4 servings.—*V. R., San Bernardino, Calif.*



GLENN CHRISTIANSEN

Flamed at the table. *Serve poached apple slices with drama—flambéed in brandy and spooned over vanilla ice cream*

Poached Apples Flambé

In a frying pan or chafing dish, melt ¾ cup apple jelly over low heat. Peel, core, and thinly slice 4 large Golden Delicious apples. Add apples to pan and stir in ¼ teaspoon ground nutmeg and ½ teaspoon grated lemon peel. Turn apples in jelly to coat. Simmer, covered, turning occasionally until tender when pierced, about 10 minutes. (If made ahead, cool, cover, and chill.)

At serving time, place 1 to 1½ quarts vanilla ice cream in a large heatproof serving bowl or in 4 to 6 individual heatproof dessert glasses. Reheat apples to simmering, if made ahead. In a small pan, heat ½ cup brandy; working in an open area not under an exhaust fan, ignite and pour flaming brandy over hot apples. Spoon flaming apples and sauce over ice cream. Makes 4 to 6 servings.—*C. F., Menlo Park, Calif.* □

DAVID STUBBS

Quick and easy *yogurt hollandaise sauce can be made ahead, then reheated to serve. It's smooth, tart—perfect over eggs Benedict*

Yogurt hollandaise . . . half as rich, delicious

Dieters usually aren't allowed sauces, especially rich hollandaise sauce. But this hollandaise is made with yogurt instead of butter. One tablespoon contains only about 22 calories (made with low-fat yogurt and whole eggs) compared to about 43 calories per tablespoon of traditional hollandaise.

Serve this slimmer hollandaise in all your favorite ways—over eggs Benedict, cooked vegetables, poached salmon or other fish. You can make the sauce ahead and reheat it; it keeps two days in the refrigerator.

Yogurt Hollandaise Sauce

- 1 cup unflavored yogurt
- 4 egg yolks or 2 whole eggs
- ¾ teaspoon salt
- 2 teaspoons sugar
- ¼ teaspoon liquid hot pepper seasoning

In the top of a double boiler, stir together the yogurt and egg yolks (or whole eggs) with a wire whip; then add the salt, sugar, and liquid hot pepper seasoning. Place over barely simmering water and cook, stirring constantly with a wire whip, until thickened, about 8 to 10 minutes.

Serve hot; or cool, cover, and refrigerate up to two days. Reheat in the top of a double boiler, stirring, over hot (not boiling) water.

Makes about 1⅓ cups. □

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CRAB APPLE GLAZE. Blend 1-cup packed brown sugar, 2½ tbl. cornstarch; add drained syrup from 28-oz. jar of crab apples. Cook over medium heat, stirring constantly until mixture clears and thickens. Brush ham with glaze before last 30 minutes of baking time. Spoon on more glaze before serving and garnish with crab apples and water cress.

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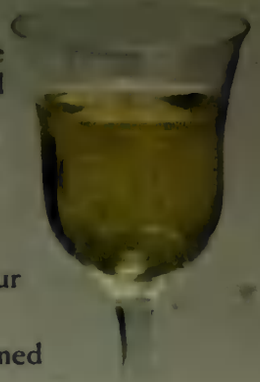

BROCCOLETTES BOURSINOISE (Broccolettes with Herb Cheese)

4 oz. cream cheese
2 Tbsp. sour cream
1/3 cup heavy cream
2 Tbsp. minced parsley
1 Tbsp. each finely chopped shallots and chives
1/2 tsp. crumbled dried tarragon or sweet basil
1 clove garlic, minced
Salt and Pepper to taste
2 pkgs. (9 oz. each) Fancy Trimmed Broccolettes

For cheese spread, beat cream cheese until softened and mix in sour cream. Add heavy cream. Beat until fluffy. Mix in parsley, shallots, chives, tarragon, garlic, and salt and pepper to taste. Spoon into a small serving bowl or pot. Cover and chill. Cook broccolettes in boiling salted water for 4 to 8 minutes or until tender-crisp; drain. Serve with dollops of cheese spread. Serves 6.

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How to make banana jam

The ubiquitous banana can be made i jam long after the season for cann summer-fruit jams and jellies has past

This soft, easy-to-spread jam is m from very ripe bananas (often sold reduced prices in your grocery sto Since bananas are naturally sweet, jam requires smaller-than-standard p portions of sugar. However, because the low sugar content it's necessary process the filled jars in a boiling-wa bath to insure shelf stability.

Banana Jam

About 6½ pounds very ripe bananas
3 cups sugar
1 cup orange juice
¾ cup lemon juice

Peel and remove any bruised or deca sections of bananas; discard. Slice nanas about ¼ inch thick; you sho have 3 quarts. In an 8-quart kettle, cc bine bananas, sugar, and juices. Bring a boil; boil rapidly, stirring constan for 10 minutes. Reduce heat and si mer, stirring frequently, until mod ately thick, about 15 minutes. (I smoother jam, mash bananas with spc or potato masher.)

Remove from heat and immediat ladle into canning jars or freeze as structed below. Makes 8 half-pints.

To can. Check rims of canning jars; c card any jars with nicks or cracks. C ning jars and rings should be clean a hot (a dishwasher is ideal). Scald lids boiling water and keep in very hot wa until ready to use.

Ladle jam into jars to within ¼ inch top. Wipe rims with a clean damp clo Place lids on jars and screw on r bands. As each jar is filled, set in ra in a canning kettle half filled with l (not boiling) water.

When all jars are filled and in the c ning kettle, pour in enough addition water, if needed, to cover the jar lids at least 1 inch. Cover the canner, tu heat to high; as soon as water starts break the surface in a gentle boil, ta off cover, reduce heat, and start timi for 15 minutes, keeping the water a gentle boil.

Lift jars from the kettle with jar lift or tongs and place on a towel away fr drafts to cool completely. To test se press lids of cooled jars down with yc finger; if they stay down, they're seal

To freeze. Let jam cool thorough Pour into freezer containers or jars within ½ inch of the top. Cover a freeze.—*I. R., Sacramento.*

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DARROW M. WATT

Arrange *seasoned chicken on a bed of chopped onions, bake, then serve with lemon wedges*

Chicken-and-onion casserole in a Palestinian family meal

Simple everyday foods carefully pr pared at home are the backbone of an cuisine. Countries in the Middle Ea are no exception, as we discovered san pling this Palestinian family dinner.

The basis of the meal is a slowly bake chicken-and-onion casserole seasone with summac (a deep red, tart herb) an olive oil, and served with warm, sof chewy bread. Cabbage slaw with a pur gent garlic dressing is offered on th side, as well as a rice or wheat pilaf fo hearty appetites. Seasonal fresh fruit are the customary dessert.

Traditionally, bite-sized pieces of th bread are used like tongs to pull the suc culent meat from the bones and the scoop it up with the onion and juices t eat out of hand. If your family or friend shy away from communal finger foo service, offer knives and forks.

To put together this easy inexpensiv meal, start by stirring together the yea dough so it will be ready to tuck in th oven when the chicken is done. Th bread bakes in just 7 minutes and shoul be served hot.

For the optional pilaf, use your ow favorite recipe or a prepared rice mi following package directions.

If you can't find summac in an her shop or Mediterranean food marke

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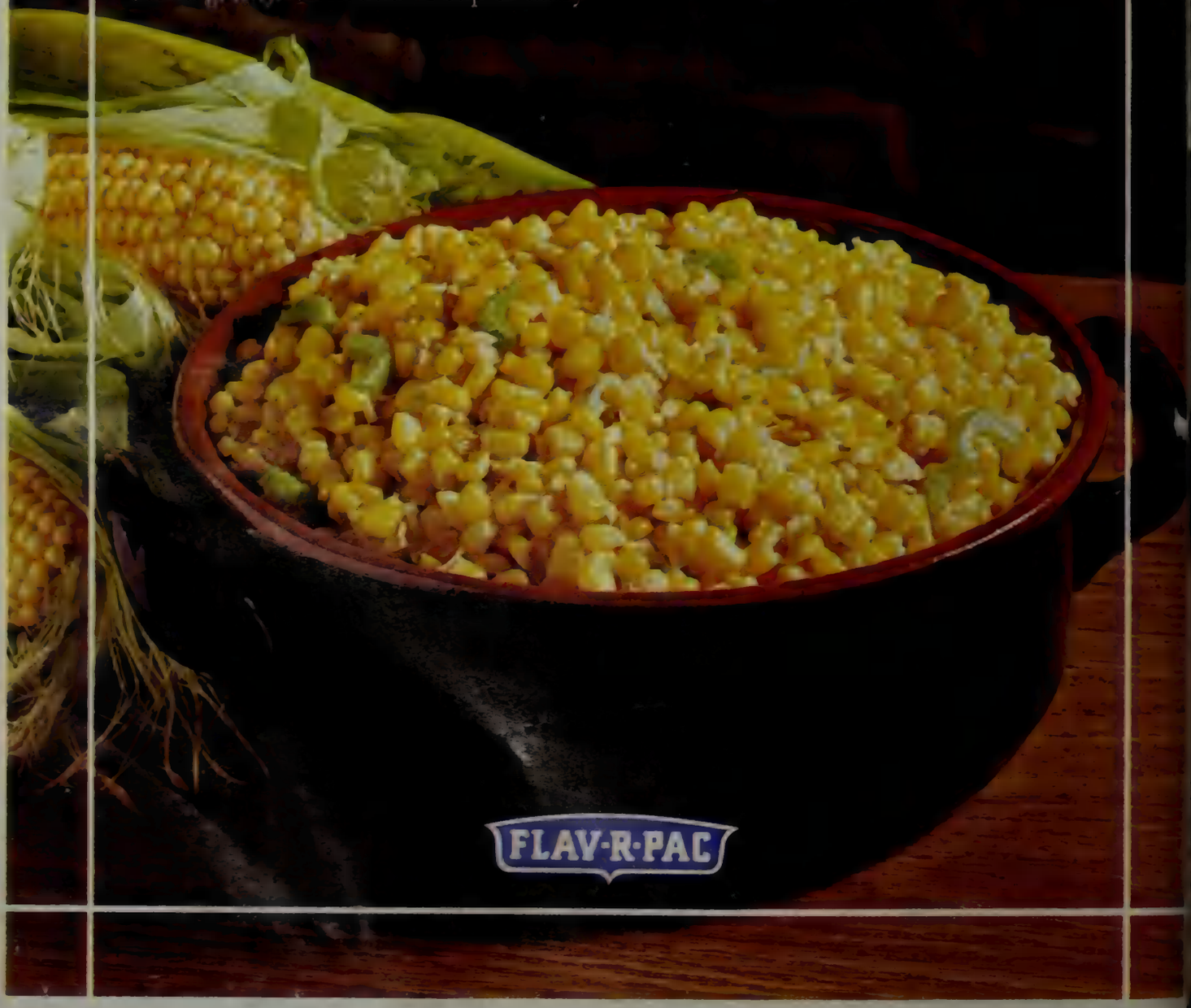
Wait'll you see what blending with a little sour cream and lemon juice does for Flav-R-Pac's whole kernel corn! Just take a 10 oz. package of our frozen whole kernel corn-off-the-cob and cook according to package directions. In a large skillet, melt 3 tablespoons of butter or margarine and sauté ½ cup of minced onion, 2 tablespoons of slant-cut celery and 1 tablespoon of parsley for about 5 minutes. Add ¼ teaspoon each of white pepper and savory and ½ teaspoon of salt. Drain cooked corn, add butter mixture and blend gently. Then add ½ cup of dairy sour cream and 1 teaspoon of lemon juice. Mix well. Serves four. (For our 20 oz. package of whole kernel corn, double all ingredients except the sour cream, which increases to ¾ of a cup)

North Pacific Canners & Packers, Inc.
Portland, Oregon 97202



FLAV-R-PAC

le powder makes an acceptable sub-
ute. To be authentic you should pour
ve oil over the chicken before baking.
ost of our tasters, however, preferred
vithout the oil.

lestinian Peasant Bread

3¾ cups all-purpose flour, unsifted
1½ teaspoons salt
1 package active dry yeast
1½ cups warm water (about 110°)
2 to 3 tablespoons salad oil

easure 3½ cups of the flour into a
ge bowl; stir in the salt. In a 2-cup
easure, sprinkle yeast over warm water
d let stand 5 minutes. Pour yeast mix-
e into flour and mix with a rubber
atula until well combined. Sprinkle re-
aining flour on a board, turn out
ugh, and knead for 3 to 5 minutes to
rm a soft dough.

e about 2 teaspoons salad oil to grease
bowl; place dough in the bowl and
n over to grease top. Cover and let
e in a warm place for 2 hours or until
uble in volume.

ease 3 large baking sheets, using
out 1½ teaspoons salad oil for each.
nch down dough and divide into 6
ual parts; form each into a ball and
ace 2 balls on each baking sheet. Let
st 15 to 20 minutes; grease fingers,
en stretch each ball into an 8 to 9-inch
circle. Bake in a 425° oven for 7 minutes or until bread springs back when lightly touched; bread should not brown. Makes 6 individual loaves.

Palestinian Chicken and Onions

1½ teaspoons salt
1 tablespoon paprika
2 teaspoons chile powder or ground summac
¼ teaspoon pepper
3½-pound broiler-fryer chicken, cut up
5 large onions, chopped
¼ cup olive oil (optional)
¼ cup lemon juice
Lemon wedges

In a small dish combine salt, paprika, chile powder or summac, and pepper. Rinse chicken and pat dry. Rub about ⅔ of the salt mixture evenly over chicken pieces. Combine remaining salt mixture with the onions; mix well with your hands, then spread onions in a shallow 3-quart casserole. Place chicken pieces on top. Pour oil (if used) and lemon juice evenly over top.

Bake, uncovered, in a 350° oven for 2 hours or until chicken is very tender when pierced with a fork. Stir onions and turn chicken over in the juices several times during cooking.

Before serving, skim and discard fat from juices, if desired. Offer lemon wedges on the side to squeeze over all. Makes 4 to 6 servings.—*H. M., Livingston, Calif.*

With greased fingers, *stretch bread dough into 8-inch rounds, bake briefly*

Garlic Cabbage Slaw

Place 5 cups finely shredded cabbage in a salad bowl. Stir together ⅓ cup olive oil or salad oil, 3 tablespoons lemon juice, 2 cloves garlic (minced or pressed), ½ teaspoon salt, and ¼ teaspoon pepper; pour over cabbage and mix well. Makes 4 to 6 servings. □

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PETER O. WHITELEY

A side of ribs *steeped in sweet-sour marinade will dry and glaze on rack before it's baked*

Hung Lum offers his meat-market customers marinated, sweet-sour spareribs, ready to bake. The marinade, made from an old family recipe, uses apricots to give it a fruity sweetness.

His technique of marinating and drying the ribs slightly makes them tender and delicious, and they're not messy to eat with your fingers. The crowning touch, when the Hung family serves Chinese ribs and other sweet-sour meats at home, is a tangy kumquat sauce passed at the table.

The kumquat sauce, made with either fresh or canned kumquats, can also be used as a baste and glaze for ham or chicken; brush it on during the last 30 minutes of baking or grilling. Or serve it in small dishes for dipping fried won ton, egg rolls, or roast duck.

Look for the canned kumquats, hoisin sauce, and ground bean sauce where Oriental foods are sold.

Chinese Sweet and Sour Marinade

- 1 can (about 1 lb.) apricot halves
- 3 tablespoons coarsely chopped fresh ginger
- 3 whole cloves garlic, peeled
- 2 teaspoons Chinese five-spice (or ¾ teaspoon ground ginger, ½ teaspoon ground cinnamon, ¼ teaspoon *each* ground allspice and crushed anise seed, and ⅛ teaspoon ground cloves)
- ¼ cup white vinegar
- ½ cup soy sauce
- ⅓ cup *each* ground bean sauce and sugar
- 1 cup *each* catsup and hoisin sauce
- 1 teaspoon red food coloring (optional)

In a blender container, whirl the apricots (including syrup), ginger, garlic, Chinese five-spice, and vinegar until smooth. Add the soy sauce, bean sauce, sugar, catsup, hoisin sauce, and food coloring if used. Whirl until blended. The marinade will keep in the refrigerator for 2 weeks; freeze for longer storage. Boil used marinade for 15 minutes before storage. Makes 5 cups.

Sweet and Sour Kumquat Sauce

- 2 cups coarsely chopped fresh kumquats, seeds removed
- 1¾ cups sugar
- 1 can (about 1 lb.) apricot halves
- 1 small can (8 oz.) applesauce
- ¾ cup white wine vinegar or cider vinegar
- 1 small jar (2 oz.) diced pimientos

In a pan combine kumquats and sugar; let stand for 15 minutes. Bring to a boil, stirring, until sugar dissolves; boil for 2 minutes. Remove from heat.

In a blender container, whirl apricots (including syrup), applesauce, and vinegar until smooth. Add kumquat mixture and pimientos and blend until kumquats are finely chopped. Sauce will keep 1 month in the refrigerator. Makes 5 cups.

To make sauce with canned kumquats, substitute 1½ cups drained canned kumquats for the fresh ones, and use onl 1½ cups sugar. Add kumquats an sugar (without cooking) directly t blender container with the pimientos.

Sweet and Sour Spareribs. Trim exces fat from 2 large sides (about 4½ lbs pork spareribs. Place ribs in a large shallow baking dish; pour over the cups sweet and sour marinade. Marinat 4 to 6 hours, turning occasionally.

Remove from marinade, drain well, plac on a rack over a foil-lined broiler par Cover with a tent of foil; let dry i refrigerator for at least 2 but not mor than 48 hours. Place ribs (still on broile rack) in a 350° oven. Bake, uncovere about 1 hour or until tender whe pierced.

With a large knife or cleaver, cho spareribs into serving-sized pieces. Serv with sweet and sour kumquat sauce Makes 6 servings.

Sweet and Sour Chinese Steak. Hav your meatman mechanically tenderize large (about 2¼ lbs.) flank steak, or a home score the steak lengthwise an crosswise about ¼ inch deep at ½-inc intervals with a sharp knife.

Place steak on a rack over a foil-line broiler pan. Rub about 1 cup of mari nade well into both sides of meat. Cove and refrigerate for 2 to 4 hours.

Broil steak (still on rack in pan) abou 4 inches from heat, turning once, abou 8 minutes for medium rare or until a done as you like. Cut into 3-inch square and serve with sweet and sour kumqua sauce, if desired. Makes 6 servings.

Sweet and Sour Baked Chicken. Rins and pat dry 1 large (about 3½ pounds broiler-fryer chicken cut in serving-size pieces. Place chicken in a shallow dish and pour over 2½ cups of the marinade. Cover and refrigerate 4 to 6 hours, turning several times. Drain chicken and arrange on a rack over a foil-lined broiler pan; reserve marinade.

Bake chicken in a 400° oven 45 to 55 minutes or until no longer pink when slashed near bone. Turn once and brush occasionally with reserved marinade during last 30 minutes.

Serve with sweet and sour kumquat sauce, if desired. Makes 4 servings. □

Sweet and sour the delicious Hung Lum way

Tangy-sweet *kumquat sauce can be spooned over spicy Chinese ribs*

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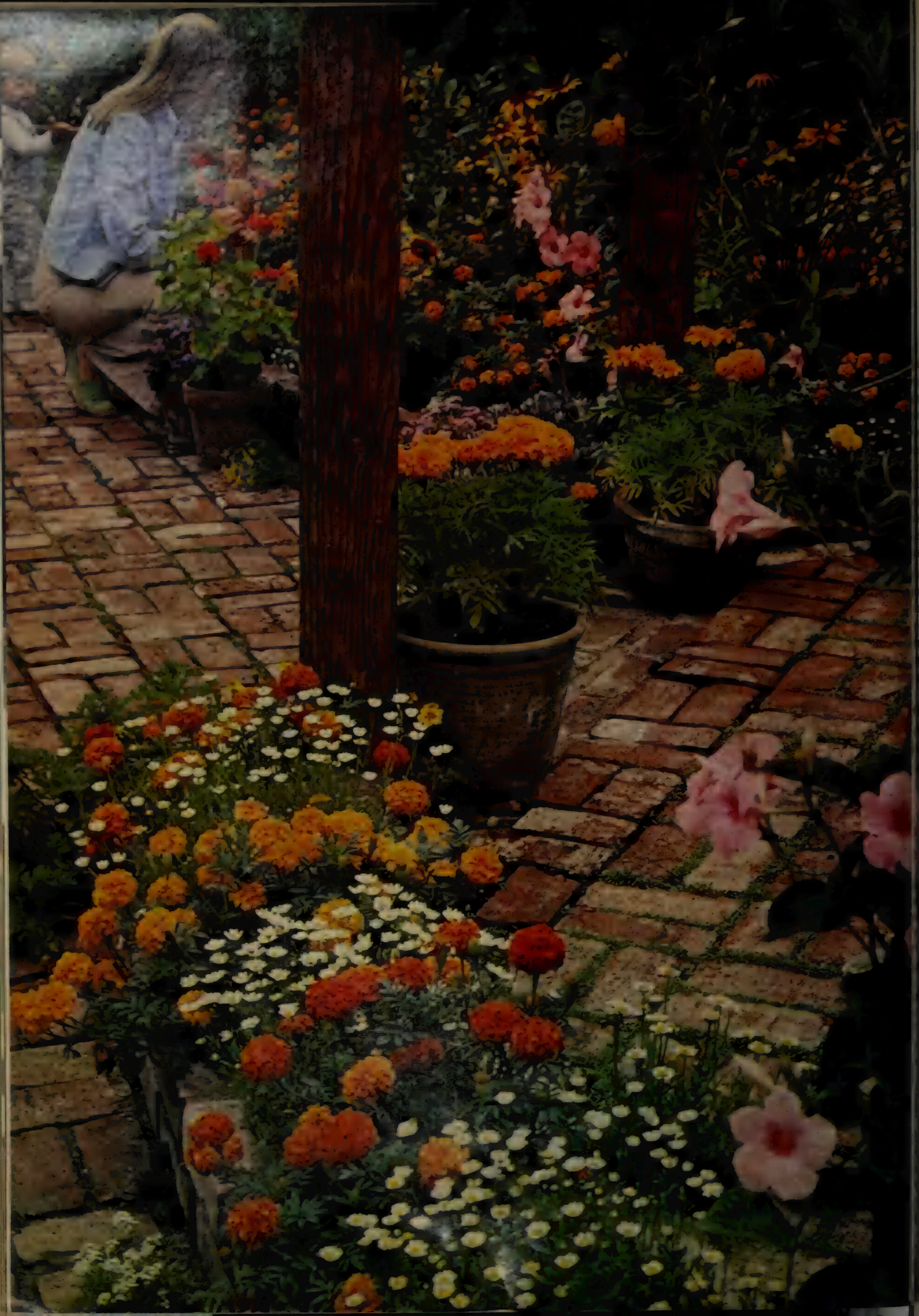


ARCH IN YOUR GARDEN:

This is the first get-going month of the year. As spring warmth arrives, be ready to dig in

month of beginnings is what March ans to gardeners. By the spring equi- x on March 20, the days will be ticeably longer, leaving more after- rk time for spring gardening jobs. But w quickly spring begins to deliver the eded warmth for plant growth depends where you are in the West: Coastal lifornia gardeners will be starting ir summer flowers and vegetables by end of the month; mountain gar- ners are just ending the winter (see ge 230).

een-thumbers from Colorado to Cali- nia have one big change to look for- rd to this growing season—the return near-normal water supplies, and the ance to plant near-normal gardens ain, guided by new habits in water nservation.

ix carrots and radishes?

equently, soil crusts over before fine rot seeds can germinate. An easy way break the crust is to mix radish seeds with carrot seeds when you plant. Radishes germinate fast—they'll break the soil within a few days and forge the way for the slower young carrots.

Radishes can serve another purpose. Since carrot seeds can take two or more weeks to germinate, gardeners may neglect them from simple forgetfulness. The mixed-in radishes will mark the carrots' location and remind you to keep the bed moist and undisturbed.

In three weeks, the radishes will probably be ready to harvest. Pull any before that if they're crowding young carrot plants.

mer garden of yellows, ges, pinks, red, and white

atio-garden is only four months t it looks well established. March- d annuals and perennials from acks and 6-inch pots give sults.

Boddaert designed and installed filled raised beds with highly ed soil, then planted zigzag rows vers close to planter edges so some spill over the sides.

bright gloriosa daisies and olds of varied sizes and shades the dominant cheery yellow white *Chrysanthemum osum* and sweet alyssum add a delicate texture. The pink 'Alice nt' mandevilla vines—too tender ost gardens here—could easily be et vines or morning glories.

eathered texture of burned and d pine posts, the worn patina of ricks, and tufts of *Herniaria* , Corsican mint, and baby's tears en the bricks all contribute to ed feeling of this young garden.

Recycled seed flat

If you'll be propagating plants this spring, keep your eye out for styrene-foam packing cartons like the one we show here. They make good lightweight seed flats, and are usually free for the asking from local supermarkets or fruit stands.

Similarly shaped styrene-foam packing material can probably be found from other sources too, such as appliance and TV stores.

These recycled containers are useful for starting seeds and rooting cuttings. They also work as small holding beds for tender plants (like the impatiens here) which are dug up from the garden and held over the winter in a small greenhouse. Or use them for holding bulbs between seasons and storing out-of-flower perennials (like polyanthus primroses) out of the way.

New this year: an almanac for Mendocino gardeners

The newly published *Mendocino Coast Gardeners' Almanac* covers a small, 100-square-mile section of the northern California coast—the strip from Albion up to Cleone which includes the towns of Mendocino and Fort Bragg. It's a segment of Zone 17 in the *Sunset Western Garden Book*.

Essentially a gardening guide, the almanac's month-to-month information includes typical weather, plants in bloom, and local planting advice along with general gardening tips, anecdotes, and observations.

Sunset's
GARDEN GUIDE

NORMAN A. PLATE

Styrene-foam shipping box *for grapes becomes a container for impatiens plants. Ventilation holes in sides now serve for drainage*

Full-time residents of the area, visitors to Mendocino, and gardeners in similar coastal climates may find this 56-page booklet of interest. To get a copy, send $2 to Crow's Garden Almanac, Box 593, Mendocino, Calif. 95460.

Some seeds need light to sprout

Take note of the following list if you grow flowers from seed. These kinds all germinate better if left exposed to light, rather than being covered with soil after sowing: ageratum, begonia, browallia,

Sunset's GARDEN GUIDE

calceolaria, coleus, cineraria, exacum, gloxinia, helichrysum (strawflower), impatiens, nicotiana (flowering tobacco), petunia, *Primula malacoides*, salvia (red varieties), snapdragon, sweet alyssum.

Most of these seeds are very small. Use a fine-mist spray to water, and keep seeds evenly moist while they're germinating.

Redwood hedge—fast, functional, and attractive

You see our native coast redwood, *Sequoia sempervirens*, used in many different ways: as a single specimen tree, or planted in groves, or massed together to make tall loose screens. Another good way is one you don't see very often: using redwoods as a clipped hedge.

Actually, redwoods make a beautiful, thick evergreen hedge in a very short time. The one we show in the photograph below was planted by Norman and Elise Lustig of Lafayette, California, when they found the idea in the *Sunset Western Garden Book* about four years ago. The small trees they set out then are now a trim 8-foot-tall screen that separates their house from the street.

The Lustigs top the redwood hedge and trim the sides once or twice a year. They also fill in bare spaces by weaving new shoots back into the hedge instead of cutting them off.

That leafy green stuff

Experiments at the Agricultural and Food Institute of Brigham Young University in Provo, Utah, have produced some solid information about the economics of home food gardening. The harvest a gardener can get in exchange for a few hours' work and the cost of seed and supplies is remarkably good.

A small 5 by 5-foot plot, for example, with an initial cost of $5, can yield 26 pounds of tomatoes, 10 pounds of Swiss chard, 6 pounds of beets, 4 pounds of radishes, 3 pounds of lettuce, 1½ pounds of kohlrabi, and 1 pound of peas.

On a larger scale, a family of four tending a 50 by 50-foot garden might produce their year's supply of vegetables for about $22. (These estimated costs don't include water, which varies widely from place to place.)

Good management makes this kind of high-yield gardening work. This includes well-timed successive planting; prompt attention to things like weeds, wilting, and over-maturity; efficient watering methods; and the use of varieties suit to your climate.

NORMAN A. PLATE

Redwood hedge *started out four years ago as gallon-size trees set 3 to 4 feet apart. Yearly topping will keep it to desired size.*

For mountain gardeners . . .

If you garden in one of the climate zon that the *Sunset Western Garden Bo* calls 1, 2, or 3 (regions where snow fa and stays on the ground every winte you are a mountain gardener. And we like to hear the questions that you m have about mountain gardening. If w can find the answers, we'll publish the

Send your questions—or any ideas, co ments, or suggestions—to Mounta Garden Editor, *Sunset Magazine*, Men Park, Calif. 94025.

Annual sweet alyssum is simple to grow from seed

It's no wonder that annual sweet al sum, an old-fashioned favorite, still rat fifth in popularity among flowers th gardeners grow from seed.

Sweet alyssum is easy, quick, and d pendable. It blooms prolifically and se sows readily. In mild-winter climate sweet alyssum blooms year-round; colder zones, it will bloom from ea spring to late fall.

Sow sweet alyssum as a quick bulb cov a bare-space filler under rose bushes, mixed with other flowers in beds a containers. It forms a fragrant, hone smelling ground cover 3 to 6 inches hig

Planting is easy: Broadcast seed on op ground, then thin the seedlings to 6 or inches apart to help plants grow low a wide. Four weeks after they start bloo ing you can mow or shear plants half their height—this forces compa spreading growth and a new crop flowers.

Every few years new varieties are intr duced. One you'll see in nurseries th year is 'Wonderland,' an improved for of the popular 'Rosie O'Day.' Its flowe are a deeper shade of rosy red and t color holds a little longer.

You probably won't find 'Wonderlan seed on store racks this year, but yo can order it from these seed companie Geo. W. Park Seed Co., Greenwoo S.C. 27647, and Stokes Seeds Inc., B 548, Buffalo, N.Y. 14240.

Are those old seeds still good?

Now that it's time to start vegetabl either in the ground or indoors (if fro is still a threat), maybe you're wonde ing if those seeds left over from last ye (or earlier) can still grow.

The lasting quality of different see varies—some can last 10 years or mo while others don't go far beyond th first planting season. Here are the e pected shelf lives of the most commo vegetable seeds (from short-lived to lon lived): sweet corn, 1 to 2 years; strin bean, 2 to 3; runner bean, 3 to 4; ok 3 to 5; pepper, 3 to 5; watermelon, 3 t

squash, 4 to 5; eggplant, 4 to 5; to-to, 4 to 5; muskmelon, 5 to 9; cucum-, 5 to 10; pumpkin, 6 to 8.

igs or twine—
easy ways to train garden peas

u don't need a vertical wall or trellis grow peas (green peas for eating or et peas for flowers). Here are two ple ways to support peas sown in n rows.

e first method shown at right requires take at either end of the row with ne tied in parallel courses between m, starting about a foot from the und. Add more twine as peas grow to the top of the stakes. (Use stakes east 6 feet high for tall-growing pea ieties.)

e twig trellis in the far-right photo-ph is best for bush-type varieties. It's a great way to put winter tree prun-s to work. To support tall-growing s this way, you'll need stouter, taller terial; watersprouts trimmed from it trees work well.

u can elaborate on the method shown e, too, by tying the supple twigs into ful arches and bows in the tradition old-time English gardeners. □

JERRY FREDRICK

Add-a-string method, *above, holds pea plants upright. At right, a trellis of trimmed twigs and watersprouts pushed into the ground next to seedlings provides upright support for twining tendrils*

CHECK LIST: *Here are the important March jobs*

☐ **Control snails and slugs.** Tender new shoots and budding flowers are gourmet fare for the snails and slugs that moist weather brings out in droves. Bait regularly or handpick—after a rain or at night is a good time to catch them. Check around leafy herbaceous plants: clumps of acanthus, agapanthus, and iris are likely breeding and day-time-hiding grounds.

☐ **Fertilize plants.** Established trees, shrubs, vines, and ground covers can use added nutrients now to support new spring growth. Three kinds of fertilizer are helpful: high-nitrogen for lawns and citrus plants; acid for azaleas, camellias, and rhododendrons; and an all-purpose complete fertilizer for most permanent plants.

☐ **Plant annuals and perennials.** There's still time to enjoy the spring bloomers: cinerarias, Iceland poppies, nemesia, primroses, stock, and violas. Sow seed of summer annuals (cosmos, lobelia, marigolds, and petunias) or, in mild-winter areas, set seedlings out for an early start now.

Perennials in cell packs are a good spring buy; coreopsis, penstemon, Shasta daisies, and others will bloom this summer. At other times of the year, these plants may be available only in more expensive gallon sizes.

☐ **Plant bulbs, corms, tubers.** Your choices for summer and fall-blooming kinds include callas, cannas, dahlias, gladiolus, and tuberous begonias.

If you didn't set out ranunculus and anemones last fall, you can get them at some nurseries as seedlings now. They'll bloom within a month or so, but be sure to protect them from hungry birds.

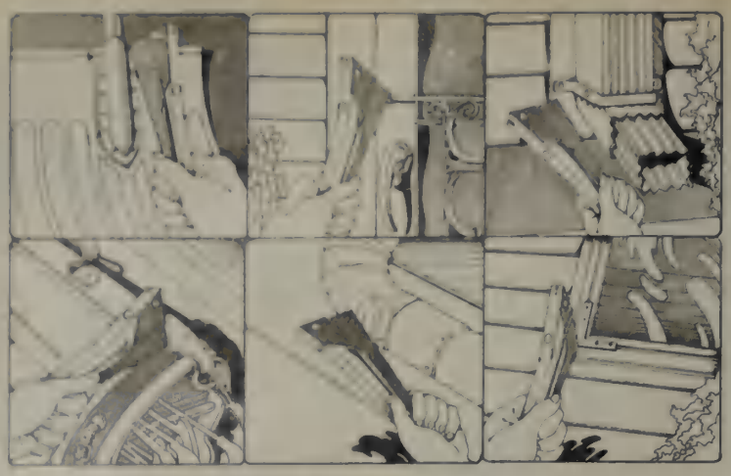
☐ **Plant trees, shrubs, and ground covers.** This month and next, while weather's still cool and moist, is one of the best times of the year to set out landscape plants. Wait to plant the most tender plants until after the last frosts.

☐ **Plant vegetables.** Sow seeds of beets, carrots, Swiss chard, lettuce, onions, peas, radishes, spinach. Set out seedlings of broccoli, Brussels sprouts, cabbage, and celery. Start these summer heat lovers now, indoors or in coldframes or greenhouses: eggplant, melon, peppers, squash, and tomatoes. Many herbs are also easy to grow from seed: Try basil, dill, marjoram, oregano, and parsley.

☐ **Prune trees, shrubs, vines.** Finish any deciduous pruning not yet completed. Cut and shape fuchsias if you didn't get to them last month. Wait to prune out the damaged portions of frost-nipped plants until new growth starts with warmer weather.

☐ **Spray.** As long as buds haven't opened yet, you can still apply dormant spray to deciduous trees and shrubs. It's good preventive medicine for nectarines and peaches —even the nonfruiting varieties— susceptible to peach-leaf curl.

☐ **Water and weed.** Rebuild watering basins around trees and shrubs, especially those on sloped ground. Renew mulches to conserve moisture and keep down weed growth as weather warms up. Pull and compost all those weeds that got ahead of you during the winter. Check subsurface moisture levels; deep-soak where needed (see last month's Garden Guide, page 144.



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STEVE W. MAR

High gloss *of both blue-black berry and dark green leaf makes Chilean myrtle especially attractive*

Chilean rarity ...refined evergree

Chilean myrtle is a beautiful, refine evergreen shrub. It has the controll growth and dense, glossy foliage of formal hedge plant. Its smooth, cinn mon-colored bark resembles that of m drone, our cherished hillside native. Ar its tidy habit makes it welcome in ev the best-kept garden.

This attractive shrub (*Luma apiculat* bears delicate white to pink flowers little more than ½ inch across. Blu black, ½-inch fruits follow; they' edible (you can make jelly) but not esp cially tasty. It grows slowly to about feet tall, although very old plants reac 20 feet or more and may spread almo as wide.

Luma prefers full sun, but considerab shade won't do much more than mak it less dense and less compact. It accep considerable dryness with age but need some water when young.

Chilean myrtle should prove a worth while shrub in all but our coldest cl mates. In the Northwest, it has survive most winters; hard or long frosts hav damaged foliage and severe frosts hav killed some plants. To be safe, giv plants a protected spot, even in the mild est northern areas.

We have yet to hear of a Chilean myrtl in our desert zones. But we've heard n reason why it shouldn't grow there— just hasn't been tried.

Only a few nurseries grow Chilea myrtle now, but availability is on the up swing. Some may offer it as *Myrtus lum* or *Myrceugenella apiculata.*

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DARROW M. WATT

March-sown *3-foot strawflower plants bloom prolifically from June until cold weather. Fresh bouquets last weeks in water*

DAVID STUBBS

Three stages *dried on natural stems: bud, intermediate, slightly open. Pick in the tight-centered intermediate stage; centers loosen as flower dries*

STEVE W. MARLEY

For wire stems, *cut flowers close to their bases. While still fresh, spear wire through flower base, set erect in jar. When dry, heads grip wire firmly*

From a pack of seeds: bright satiny strawflowers that last almost indefinitely

Strawflowers get their name from the fact that the flowers feel dry and papery even in the tiny bud stage. Because they contain so little moisture, the cut blooms hold most of their color and shape indefinitely.

You can gather bushels of strawflowers this summer if you sow a 60-cent seed packet this month. You'll get a range of colors and sizes and a satiny sheen on the petals rarely seen in market strawflowers.

Inside plastic bag, *seedlings germinated on windowsill with no extra attention*

The secret to perfect-looking dried strawflowers is to cut them when the center petals are still tightly closed, as shown in the middle photograph above. Wait for any visible moisture on the flowers to dry before cutting; then dry them in either of two ways.

Drying them on their natural stems is easiest and you get a more interesting contrast of buds and blooms in different stages of development. Main stems are long and thick enough to last a long time, but smaller ones often collapse when you try to arrange them. All you need to do is strip off most of the leaves, tie the stems into loose bunches, and hang them upside-down in a cool, shady place with good air circulation. They dry in one to two weeks.

Flowers dried on wire stems are neater, easier to arrange, and longer-lasting. Art supply stores or florists carry stem wires in several thicknesses, some already painted or wrapped green. Prices vary, but generally you can buy three dozen 18-inch wires for less than a dollar. Large flowers take 18-gauge wire; medium-sized ones look better on slimmer 22-gauge wire. Insert wires within a or two after cutting, as shown above.

Strawflowers are easy to grow. You n a spot in full sun with average soil t drains well. Sow seeds as soon as so workable in spring. For brighter co in the desert and inland Southern C fornia, give plants midday shade or s in the fall.

Sow directly into beds if you can pro young seedlings from birds, snails, slu and pets. Otherwise sow indoors in c tainers and transplant 1½ to 2 mon later about 10 inches apart.

Most plants grow to about 3 feet; so dwarf varieties reach only 1 to 2 f and produce somewhat smaller flow Most nurseries carry packets of standard size in mixed colors. For wider selection, write for a free cata to Park Seed Co., Greenwood, S 29647, or Stokes Seeds Inc., Box 5 Buffalo, N.Y. 14240. Both firms o mixed and separate colors, standard a dwarf sizes.

Strawflower seeds are tiny and n some light to germinate. Cover th very thinly, or just press them gen into the soil surface.

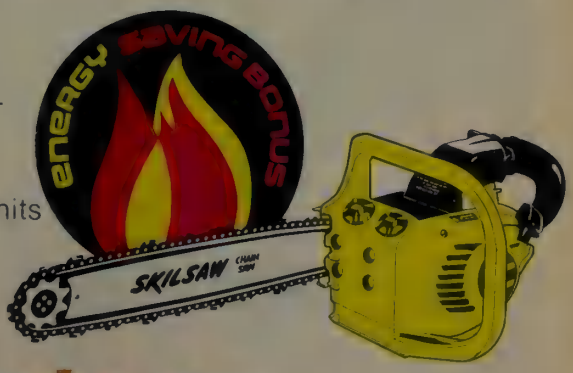
Once plants are well established, t thrive in soil that is slightly on the side. Avoid wetting the flowers if y intend to dry them.

To clean old flowers, swish briefly water, shake, and pinch to reshape a crushed ones.

Buy your energy-saving Heatilator fireplace and get this $130.00 value Skilsaw® for only $44.95

Save $85 on this big 14-inch Skil® chain saw with powerful 2.2 cu. in. engine. Just go to a participating dealer and buy a Heatilator woodburning fireplace. The saw is yours for just $44.95 more. (March 1 – April 30, only, while supplies last.)

Why Heatilator Fireplace is the wise buy. We pioneered the original heat-circulating fireplace 59 years ago. Today, our energy-engineered units give you greater fuel efficiency with heat-saving glass doors and more. See all the new features at your dealer. Or write: Heatilator Fireplace, A Division of Vega Industries, Inc., **7538** W. Saunders St., Mt. Pleasant, Iowa 52641. Call toll free **800-553-8905.** In Iowa, 319-385-8880 collect.



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heatilator®
AMERICA'S LEADING FIREPLACE SYSTEMS

The new sweeter-than-ever sweet corn . . . a dozen choices

The sweetness of freshly picked garden corn always ranks home-grown ahead of store-bought corn. When you pick it at just the right moment, home-grown is pure ambrosia. Such sweetness is even more pronounced in the new varieties, called super-sweet corn.

These super-sweet varieties contain 25 to 50 percent more sugar (depending on variety) than regular corn. This sugar also changes to starch more slowly than usual—which means you have a longer period of time to pick the ears at their prime sweetness. It also means you no longer have to rush to get just-picked ears into a pot of boiling water, as you do with standard varieties.

Hybridizers did it three ways

Breeders have developed three lines of super-sweet corn: Extra-Sweet, synergistic, and Everlasting Heritage hybrids.

Extra-Sweet corn earned an All-America Selection award with the variety 'Early Xtra-Sweet.' At harvest time, the ears are up to twice as sweet as standard corn that is picked at the same time; they're up to four times as sweet after 48 hours of room-temperature storage.

Synergistic hybrids show less of the super-sweet trait. Only 25 percent of the kernels on each ear have the added sugar content (unlike the Extra-Sweets, which are 100 percent super-sweet). To some, the synergistic types may offer just the right amount of sweetness.

Like regular strains of corn, both Extra-Sweet and synergistic corns may show signs of xenia—inconsistent kernel production caused when different varieties are grown too close together. Plant these hybrids as far as possible from other corn with the same maturation date. Or sow the seed earlier—or later—than other varieties of corn to prevent cro pollination.

Both Extra-Sweet and synergistic h brids have shrunken, somewhat shr eled seeds. The seeds' vigor does n match that of most standard corn var ties, and they can decay in the grour Lessen the possibility of decay by pla ing only when you're sure that the soil properly warmed, and use a fungicide the seeds as added insurance.

Everlasting Heritage hybrids (designat EH in seed catalogs) also have hi sugar content (some say it's a differe tasting sugar) and long-holding abili But these varieties are not susceptible xenia (you can plant them near oth varieties of sweet corn), nor do th have shriveled seeds—the seed vig equals that of common corn.

What varieties can you find?

So far, about a dozen varieties of sup sweet corn are available to gardene mostly through mail-order catalo Some of them are: Extra-Sweets—'Ill Xtra-Sweet,' 'Early Xtra-Sweet,' 'Xt Sweet 77,' and 'Florida Stay-Swe synergistic—'Sugarloaf' and 'Hon comb'; Everlasting Heritage—'Ma liner EH,' 'Kandy Korn EH' (hus marked with burgundy red), and 'Gold Sweet EH.'

Look for the sign of America's No. 1 garden seed

Since 1856 we've been developing, breeding, growing and delivering the nation's finest garden seed. Why settle for less in your garden. Choose from a tremendous variety of vegetable and flower seed packets, under the antique horn-of-plenty sign at retail stores in your area. Also look for these other fine Ferry-Morse products:

FERRY MORSE®
SEED COMPANY

Box 488, Fulton, KY 42041
Box 100, Mountain View, CA 94042
Box 3487, Cambridge,
Ontario, Canada N3H 5C6

Sow 'n Gro Garden Starter Kits
Get a jump on spring by starting your vegetable and flower gardens indoors. Only 98¢.

Pot-a-Plant House Plant Seed Kits
Everything you need to grow your own exotic house plants from seed. Choose from 14 varieties. $1.29.

Books Like These Don't Grow On Trees.

ORTHO announces two significant new titles in its fabulously successful book series now numbering 20. Produced in the colorful, factual ORTHO format, these new books present all original material culled from years of experimenting with growing things.

The World of Trees
tells how to select and grow trees from the points of view of home owners, city planners, landscape architects, food growers, commercial growers and tree enthusiasts. It includes regional maps, charts on fast growing trees, and the soil needs of various trees. More than half the book is a regionalized "tree encyclopedia." Complete nuts and bolts information on digging, planting, staking, watering, fertilizing and pruning. 112 colorful pages.

Gardening with Color
discusses using the wonderfully varied colors of nature as a gardening palette. It will open your eyes to the colors that already exist in any landscape, teach the principles of color gardening, give advice on color combinations in single flowers as well as whole fields of floral color. It tells how the gardener can borrow different planting and color ideas from different countries. Contains detailed charts of plant materials for planning color combinations in the garden. 96 colorful pages.

ORTHO books are available wherever ORTHO products are sold.

Chevron
ORTHO Chevron Chemical Company
Market Street, San Francisco, CA 94105

DAVID STI

Nylon netting *(petticoat fabric) covers hoops made of heavy wire. It's secured to ground with wire pins as shown at right, to keep birds from eating seedlings in Sunset's garden, Menlo Park, California*

Netting to keep out birds and deer

Birds and deer can be kept away from plants with simple structures of netting. For example:

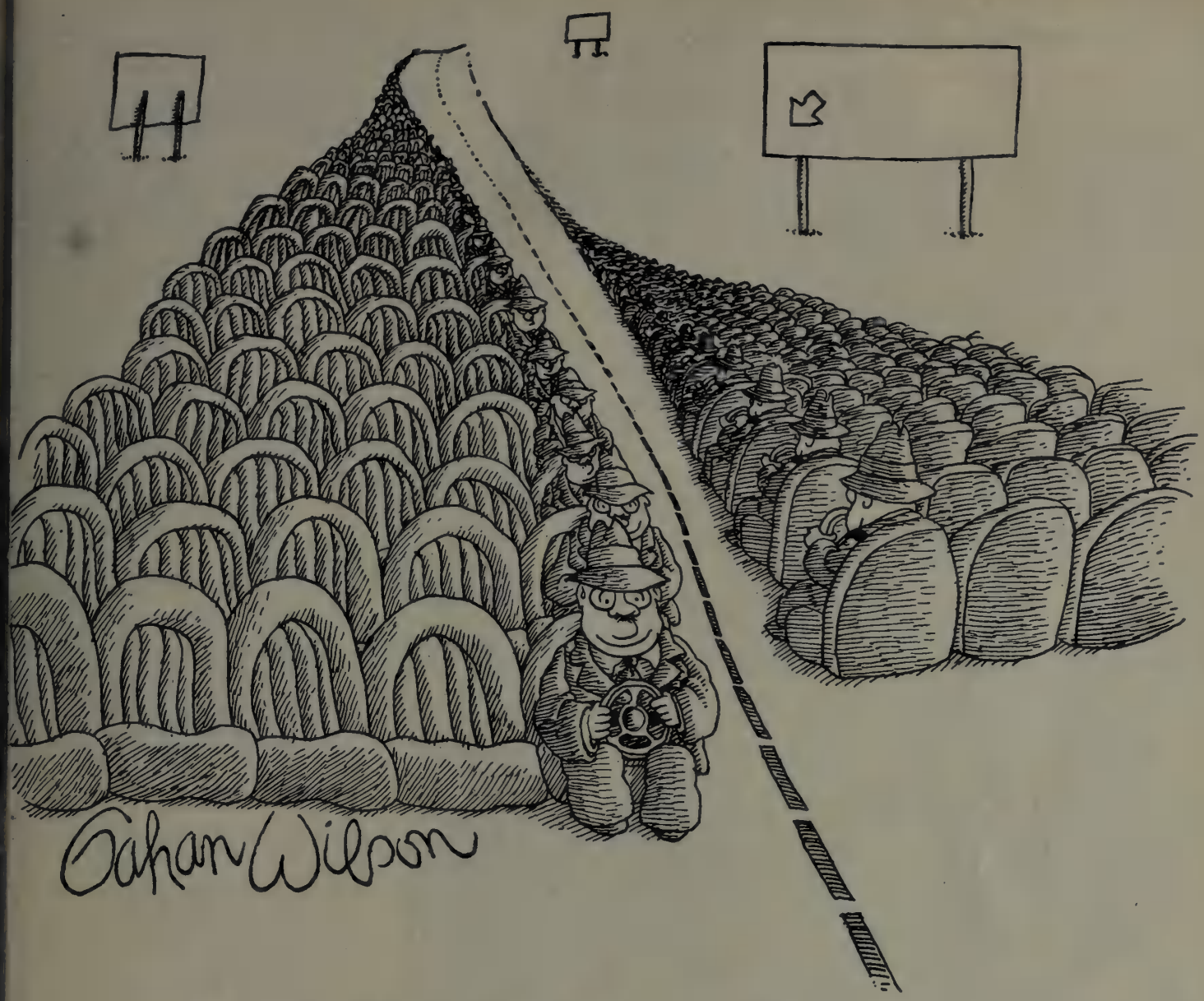
The nylon netting shown above is manufactured for sewing. At *Sunset*, we've bought it by the yard for about 25 years and used it to keep quail from eating young seedlings.

The larger mesh netting shown below is usually used to keep birds away from fruit-bearing plants. But in this instance, it's used to keep deer from eating garden vegetables. It works—deer seem to g spooked by it even though they cou probably rip it with their hooves if th knew how. The deer-proofing arrang ment belongs to Mr. and Mrs. Norma Lustig of Lafayette, California.

Another gardener has found that ani bird mesh will keep deer out of a gard when it's built as a vertical fence. Tl trouble is, antibird mesh is sold in folde sheets (3 feet by 4 feet up to 20 by 2 feet) rather than in long rolls.

NORMAN A. PLATE

Larger mesh *is draped over raised bed and a framework of 1-inch plastic pipe. It's anchore with fishing weights*



In this morning's rush hour, mpty seats outnumbered full seats 4 to 1.

In a city the size of Los Angeles, that's 000,000 empty seats in cars jammed up the freeways. And that's a horrible waste. If we could just get the average number people in à car up from the current 1.4 erage to 2, we'd save 21 million gallons gasoline a day. And take 15 million cars f the road during rush hour. That's almost a third of what's out there every day now.

And it could do all that without costing you a cent. In fact, you'll probably cut your commuting costs in half when you ride with somebody else. Or have somebody ride with you.

It's something to think about today. And do something about tomorrow.

Share the ride with a friend. It sure beats driving alone.

Ad Council

A public service of this magazine, The U.S. Department of Transportation and The Advertising Council.

MONROVIA NURSERY CO. PRESENTS

'MAJESTIC BEAUTY' Indian Hawthorn

'Indian Hawthorns' (Raphiolepis indica) add the joy of Spring to your garden with their splashes of pink, February through April. Easily adapt to full sun or partial shade plantings.

Choose from these eye-catching varieties:

'MAJESTIC BEAUTY' — ideal as a small tree (pictured), or large shrub.

'SPRINGTIME' — graceful upright habit, ideal for hedges or mass planting.

'ENCHANTRESS' — dwarf, dense growth, mounded form perfect for borders or mass planting.

'FASCINATION' — unusual two tone bloom (rose-red edges with white centers.) Compact growth ideal for borders or mass planting.

PUT YOUR GARDEN IN THE PINK

Look for this [illegible] each of Monro[illegible] Distinctively Better [illegible]

AVAILABLE AT LEADING NURSERIES

Where to find rare old roses

Collecting old roses may require sor searching beyond your neighborho nursery. Four of the six old roses me tioned on page 108 and below are ava able at the following Western, Easter and Canadian nurseries—most of the are mail order. Numbers following ro names indicate which nursery sells eac supplies are limited.

Austrian copper—2, 3, 5, 6, 9, 10, 12, 1

'Belinda'—5, 8

'Climbing Cecile Brunner'—1, 2, 4, and 11

Harison's yellow (*Rosa harisonii*)—3, 8, 9, 10, 13

Western nurseries

1. Bush Nursery (no mail order or catalog)
   8501 S. Lone Elder
   Canby, Oregon 97013
2. Roseway Nurseries (free catalog)
   2935 Southwest 234th Ave.
   Beaverton, Oregon 97005
3. Stanek's Garden Center (free catalog
   E. 2929 27th Ave.
   Spokane, Washington 99203
4. Stocking Rose Nursery (free catalog)
   785 N. Capitol Ave.
   San Jose, California 95133
5. Tillotson's Roses (catalog with order)
   802 Brown's Valley Rd.
   Watsonville, California 95076
6. United Rose Growers (price list)
   1531 Guild Rd.
   Woodland, Washington 98674

Eastern nurseries

7. Earl Ferris Nursery (free catalog)
   Hampton, Iowa 50441
8. Joseph J. Kern Rose Nursery (no catalog)
   Box 33
   Mentor, Ohio 44060
9. Palette Gardens (catalog 50 cents)
   20 W. Zion Hill Rd.
   Quakertown, Pennsylvania 18951
10. Thomasville Nurseries, Inc. (free catalog)
    Box 7
    Thomasville, Georgia 31792
11. Wayside Gardens (catalog $1)
    Hodges, South Carolina 29695
12. Wyant's Roses (free catalog)
    Route 84
    Johnny Cake Ridge
    Mentor, Ohio 44060

Canadian nurseries

13. Carl Pallek & Son Nurseries (free catalog)
    Box 137
    Virgil, Ontario
14. Pickering Nurseries (free catalog)
    670 Kingston Rd.
    Pickering, Ontario

The other two old roses, 'Cocktail' an *R. sericea pteracantha,* are not listed i any catalog, but if you're lucky, yo may find them in some unsuspected spo (like a supermarket), or you may be abl to get cuttings from a friend.

Put the BEAUTY back into your lawn with FAST & FINE®

A unique seed blend that comes up FAST

This seed is bred to fix bare spots and thin spots quickly and easily. It's a unique blend of 3 grasses. One of them is Pennfine, a revolutionary fine-leafed perennial ryegrass that comes up nearly 70% faster than bluegrass. It blends beautifully with the grass you already have.

Hardy grass that comes up FINE

You get a sturdy, healthy root system that drives down deep into soil—even into hard, compacted soil. Down 12 to 18 inches for water and nourishment. Here are the tough grass roots you need . . . to support the lush green top grass you want. Get more than a beautiful lawn . . . get a lawn that'll last, too.

Creates new plants that come up THICK

From this root structure come vigorous tillers. They are the above-ground shoots that give you a rich, thick, healthy lawn . . . the TAKE-IT-EASY Lawn.

No one else has anything like FAST & FINE. Seed it into your lawn. In a short time you'll never know where the bare spots were.

Better ways to beautiful lawns...

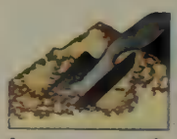
NORTHRUP KING®

Share this success story with your spring seeds and plants!

We put a lot into being no.1

Millions of thriving plants have made Supersoil the number one potting mix of the West. That's because we put our best, and Mother Nature's too, into every bag. And that includes . . .

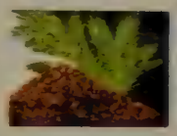
Peat moss. Canadian sphagnum, exclusively — for its unmatched water retention, even consistency and predictable pH level.



Sand. Pure horticultural sand, silt-free and granite-based — for necessary drainage and weight to anchor plant roots.

Fir bark. Specially processed white and douglas fir barks — for their inherent resistance to decomposition, low levels of tannic acid, and organic growing qualities.

Nutrients. Critically important nitrogen, phosphorus and potassium, plus other trace minerals and dolomite lime — for a balanced "controlled-release diet," perfect for virtually all plants, indoor and out.



Redwood. For its extraordinary durability and resistance to weathering. (Note: only sawmill residual is used.

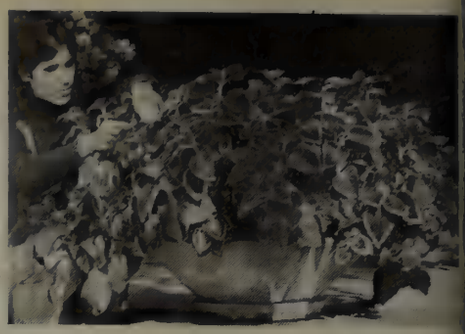
Pressurized steam. From live boilers — for unique sterilization against soilborne pests and diseases.

So there is our formula for success, thriving success. Why not share it with your spring seeds and plants. Look for Supersoil at your nursery, supermarket or garden supply store!

Supersoil®
potting mix

"Favorite potting mix of Western gardeners . . . and their plants!"

© Rod McLellan Co., 1977



Massed *in a large pot or planted in the ground, coleus is a colorful choice for shady gardens*

STEVE W. MARK

Coleus color from March sowin

When you want rich color for a fair shady spot in your garden, one of th best choices is not a flower but a leaf plant—coleus. Outdoors in partial shad it tends to stay more compact and eve more colorful than indoors.

Coleus grows best in coastal climate but it will also grow in semi-arid region In the desert plant in a sheltered, wel lighted spot with no direct sun.

Coleus plants now come in a wider va riety of colors and leaf shapes than eve before. You can buy them in small po at nurseries in late spring or start the now from seed. These two mail orde firms offer an unusually wide assortmen of coleus varieties: Park Seed Co Greenwood, S.C. 29647; and Stoke Seeds Inc., Box 548, Buffalo, N.Y 14240. Both offer free catalogs.

To sow coleus seeds, fill flats or pot with potting soil. Sprinkle seeds thinl over the surface, lightly press them int the soil, and water. Do not cover th seeds—they need light to germinate Cover the containers with clear plasti as shown on page 224 to hold moisture Best temperature for germination

"I think my Sunstream solar water heating system is a great investment." Annie L. Crawford

Annie Crawford has joined the growing number of homeowners who enjoy immediate savings with Grumman Sunstream™ solar domestic water heating systems.

Savings are considerable, because the hot water an average family of four uses for showers, washing clothes and dishes can be more than 27,000 gallons each year! The cost of heating this water can amount to 15% to 40% of your yearly heating bill.

The Grumman Sunstream system is an investment that will pay increasing dividends as conventional energy costs continue to rise.

Sunstream is a product of Grumman technology, which landed Americans on the moon. Grumman stands for reliability in Gulfstream executive jets, Grumman trucks, canoes and Pearson yachts.

Prices on Grumman Sunstream systems start at $1,238, plus transportation, local taxes, and dealer installation.

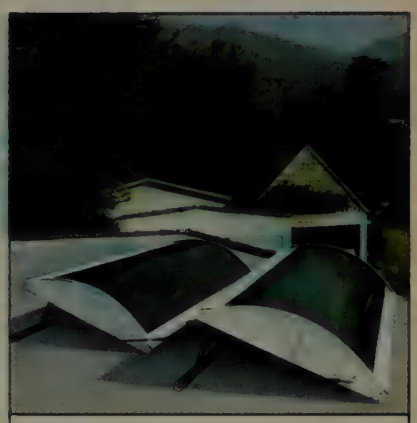
For more information on domestic water, space and pool heating, write Grumman Sunstream, Dept.601, 4175 Veterans Memorial Highway, Ronkonkoma, New York 11779.

GRUMMAN Sunstream™

The reliable source

A product of Grumman Energy Systems, Inc

Prices and specifications subject to change without notice



Sunstream collectors on the Crawford home in California.

Before
you plant your vegetable garden.

That's the time to apply ORTHO® Vegetable Garden Food 5-10-10. A specially-prepared plant food formulated for high yields and healthy vegetables. In pelleted form, so it's easy to use.

That's also the time to apply ORTHO Garden Weed Preventer – *before* weeds get a chance to cause any harm to your garden. ORTHO Garden Weed Preventer comes in an easy-to-apply granular form for selective, pre-emergence weed control. It's also great for use around flowers, shrubs, trees and in lawns to prevent crabgrass and many other weeds.

After
your vegetables have sprouted.

After your vegetables have sprouted and up until a day before harvest is also the time to use ORTHO Fruit and Vegetable Insect Spray. It's especially effective for use on tomatoes, beans, cucumbers, peppers, potatoes, melons and other listed vegetables.

(Avoid accidents: For safety, read the entire label including cautions. Use all chemicals only as directed.)

Chevron

ORTHO

Chevron Chemical Company

We help you grow better vegetables
All season long

TM'S ORTHO CHEVRON CHEVRON DESIGN ORTHENE – REG U.S PAT AND T M OFF

DARROW M. WA

Tent of plastic *over skewers holds moisture for 10 days of germination and early growth. Plant lamp helps growth*

PETER O. WHITEL

Seedlings *need more space in three weeks; transplant several into each 6-inch pot*

between 65° and 75°.

Transplant when seedlings becom crowded. Often the tiniest seedlings d velop the most striking colors.

By late April or May, plants will b large enough for permanent plantin outside. Harden seedlings off in a she tered spot outdoors during the day. Wa to plant until night temperatures a consistently mild. Colors will be mo vivid in semishade. Till in soil amend ments if soil is hard or laced with com petitive tree roots.

Coleus grows luxuriantly with regula moderate watering but suffers fro soggy soil or long periods of drynes To keep plants more compact, don feed them heavily. Well-rotted manu worked into the soil at planting tim plus another feeding in midsumm should suffice. Potted plants may nee more frequent feeding. Bait for snai and slugs if present in your garden.

In the fall, before weather cools, yo may want to pot or take cuttings of you favorites to move indoors for the winte Coleus left outdoors will slowly die whe temperatures go below 45°.

Suddenly, a lot more things are worth doing.

Introducing the Farberware Food Processor.

With our Food Processor, things you rarely take the trouble to do are no trouble at all. And take no time at all.

The Farberware Food Processor comes with four different blades which slice, chop, grate, puree, mix, crush ice and even knead dough. Grate potatoes for pancakes. Chop, shred and mix for quiche. Make smooth, creamy pâté or hearty pâté de campagne. It's ideal for shredding and slicing for Oriental recipes. Shred cole slaw in a minute or two; make pastry for pie or dough for bread; even make pizza from scratch. Sauces and soups you'd never dream of become simple and superb. You can finally give your culinary imagination free rein.

True to Farberware tradition, the Food Processor is simple to operate and just as simple to clean.

True to another Farberware tradition, the Food Processor is built to last.

Because we take pride in what we make. Just as you do.

If it's worth doing, it's worth doing right.

FARBERWARE®
Subsidiary of Walter Kidde & Company, Inc.
KIDDE

By late spring, *mature empress tree displays new leaves as well as flowers that opened about a month earlier and have started to fall*

DON NORM

Long clusters *of fragrant, lavender, 2-inch flowers begin blooming in early spring at branch ends*

Leafless branches *in late winter carry last year's empty seed pods and small roundish flower buds due to open soon*

A tree for almost all seasons: spring flowers, summer shade, winter pods

By July, *light green juvenile leaves on 6-foot-high tree are huge (to 2 feet wide)*

Are you looking for a fairly large deciduous tree that provides cooling summer shade and some distinctive features at other times of the year? One choice might be the empress tree (*Paulownia tomentosa*), shown here in photographs taken in spring, summer, and winter.

Empress tree tolerates most soils and is hardy in all except the coldest climates. When established it takes considerable drought, but responds favorably to watering during active growth.

The tree grows 4 to 6 feet a year when young to a mature height of 30 feet or more and an almost equal width, with a heavy gray trunk and nearly horizontal branches. You can prune it severely, but for an attractive garden tree, shaping and thinning are all it needs.

In cities where paulownias line avenues and boulevards, they're topped to kee them in bounds. However, this drasti treatment sacrifices flowers.

In a small garden, you might grow em press tree as a shrub by cutting it bacl almost to the ground annually or ever other year. You'll get a mass of huge tropical-looking, heart-shaped leaves o 5 to 6-foot stems like those at left.

Empress tree has its drawbacks: Tid gardeners object to the litter of faller blossoms and leaves and don't like to se dried seed pods hanging on branches The tree's vigorous surface roots com pete with plants growing beneath Flower buds freeze in severe cold, o drop off where winters are very mild Large leaves fray in strong winds. An exposed bark may sunburn in hot summer climates.

AN OPEN LETTER TO YOUR HOUSE FROM WELLS FARGO BANK.

Over the past few years you, as a piece of California real estate, have enjoyed :hout effort on your part a considerable appreciation in your financial worth.

While those close to you have labored to maintain you in the style to which you have :come accustomed, you have remained e to the point of total passivity.

Now, at last, you have an oppor- nity to repay the efforts of those to nom you owe so much, through the ells Fargo Homeowner Loan Program.

With a Homeowner Loan from ells Fargo Bank, you'll be able to stake ose nearest you to things like a college ucation, vacations, furnishings–what- er money alone has kept them from doing before. And you'll hardly be imposing them financially. With the Homeowner Loan program, payments are low since payment can be spread up to ten years. The loan is secured by a deed of trust and can repaid at any time without prepayment penalties. We urge you to bring the advantages a Wells Fargo Homeowner Loan to the attention of those nearest you.

There are advantages to doing nothing, but one must not abuse them.

EXAMPLES OF TYPICAL HOMEOWNER LOAN PAYMENTS

Amount Borrowed	Monthly Payment	Term	FINANCE CHARGE	Total Payment
$ 5,000	$ 88.26	7 yrs	$2,413.84	$ 7,413.84
5,000	71.74	10 yrs	3,608.80	8,608.80
7,500	132.40	7 yrs	3,621.60	11,121.60
7,500	107.60	10 yrs	5,412.00	12,912.00
10,000	176.53	7 yrs	4,828.52	14,828.52
10,000	143.47	10 yrs	7,216.40	17,216.40

ANNUAL PERCENTAGE RATE: *12%
*ANNUAL PERCENTAGE RATE PRIOR TO CLOSING COSTS.

EQUAL HOUSING LENDER

WELLS FARGO HOMEOWNER LOANS

Proven. From Wells Fargo Bank.

MEMBER F D I C

Right now millions of Americans are being forced to sit back and rock their lives away. Simply because they're older. Stop and think about it!

It's going to happen to you. You're going to be "older" someday. Maybe sooner than you think.

And you're going to have to face the same problems that exist today. Unless you start changing your attitudes about aging now. Get rid of your stereotypes.

Try and imagine what you'll be like. What you'll want to do. What you'll want to contribute. That's all we ask.

But you'd better hurry.

If you don't want to take your old age sitting down, get off your rocker and separate the facts from the myths.

Now.

For more information on what you can do, write:

The National Council on the Aging, Inc. Box 28503, Washington, D.C. 20005.

Get off your rocker. Don't take old age sitting down.

National Council on the Aging, Inc.

NCOA

Ad Council

A Public Service of This Magazine & The Advertising Council

NORMAN A. PLATE

v pathside mound *is 6-inch-tall catmint. ler bushes include marguerites; mowed n in foreground is creeping veronica*

Catnip cousin as ground cover

mint, an easy-to-grow perennial und cover, blends well with many es of landscaping. Its low, spreading wth habit makes it suitable for edging ower border, draping from crevices in vall, outlining a path, or combining h other ground covers to carpet a ll space.

mint's ½-inch-long gray-green leaves almost evergreen in very mild areas; cold weather, they die to the ground resume growth with vigor in the ng. By May or June, 4-inch spikelets avender-blue flowers dot the plants.

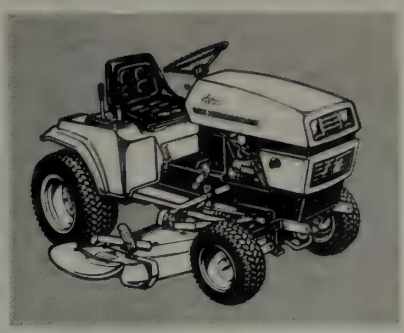
you shear the flowers back when om gets sparse, new growth should om into fall. When the second or d bloom fades, shear plants back 1 to nches from the ground to encourage onger growth the following spring.

ll sun is best; poor soil a little on the side will do. Allow space for each nt to spread about 18 inches.

mint's leaves are almost as attractive cats as its relative, catnip. So if cats wl your premises, protect plants until l established, or they may be flattened.

u'll find catmint at some nurseries, ally among the perennials as *Nepeta ssinii*, or in the herb section as catnt. You can also start it from seeds; te to Burpee Seed Co., 6350 Rutland enue, Riverside, Calif. 92502. □

Ask these questions before buying any Garden Tractor.



When you're shopping for a garden tractor, Ariens feels that taking the time to compare various tractor makes will be a rewarding experience and time well spent. Ask questions about each like:

1. **How easy is it to attach and remove implements from your tractor like a Mower — Tiller or Snow-Thrower? — SHOW ME**
2. **Are the attachments for your tractor Shaft Driven or Belt Driven? — SHOW ME**
3. **Can I use more than one attachment at the same time on your tractor?**
4. **Do you offer a 2-stage Snow Thrower for *All* your Garden Tractors?**
5. **What is the capacity of your tractor's gas tank?**

Ariens welcomes your thorough comparison and is confident that their Garden Tractors will be stand-out quality favorites when you've made it. If you'd like more information about the complete Ariens Garden Tractor line, please write to: **Tractors • Ariens Company • 826 West Ryan Street • Brillion, Wisconsin 54110.**

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Landscaping ideas for mountain gardeners: using native rocks and plants . . . vegetables

Sunset's MOUNTAIN GARDEN GUIDE

Dirt gardeners in mountain areas have little to do in March, and what chores they can tackle this month are indicated in the checklist on the opposite page. But it is a very good time for some landscape planning and perhaps some construction.

Here are a few ideas that will keep you occupied until planting time—and perhaps make your outdoor months later on more enjoyable.

When you have a lot of rocks to work with

The two photographs at left show different ways that rock can be used to handle landscaping problems.

Slabs of native moss rock in the top picture were Jerry Dexter's answer for his sloping garden in Morrison, Colorado. They lead from the main garden level to a lower, more secluded area.

In the lower photograph you see a difficult area to landscape: the space between the house foundation and drip line. Plants here don't get m rain and they're often out of the sp kler pattern.

Try filling such a space with river r especially along the sides of the h where you don't want plants. In the ture, it provides an informal acces the house from the lawn. Lands architect was Chris G. Moritz.

Vegetables in raised beds: sooner, cleaner, easier

Growing vegetables in raised beds you garden more intensively. A drainage is better, soil warms faster, you needn't bend over as far to har and weed.

Merrill and Donna Godfrey of Og Utah, grow their vegetables in raised beds designed by landscape ar tects Maas & Grassli. In the photog below you see how the beds—so framed in redwood 2 by 12's—are

Generous steps *of native rock join two garden levels. Sedum, violets in adjacent rock garden have spread into crevices between steps*

River rock *fills space between house, roof drip line. You walk on the flatter rock. Underneath, plastic sheeting and sand discourage weeds*

Tidy raised beds *chock full of vegetables are 4 feet wide—just right for reaching all the plants from the mud-free paved walks. Sides are redwood 2 by 12's nailed at bottom to wood headers along edge of walks. Metal straps keep end joints from opening up*

ed with paved walks between so can be tended in any weather.

ntain gardens that look the mountains

/n at right are two ways to land- your garden and keep it consistent its mountain setting: Do some ju- us planting with hardy shrubs and and woodsy ground covers (top), or incorporate the native plant rial already on your lot (lower ographs).

natural-looking landscape pictured op is actually in suburban Engle- d, Colorado. At one side a grove of ing aspen (*Populus tremuloides*) s a dry streambed; the trees are un- lanted with buffalo juniper (*Junip- sabina* 'Buffalo'). Several kinds of —*Pinus ponderosa*, bristlecone (*P. ata*), piñon (*P. edulis*), and low bushy ho (*P. mugo mughus*)—are accom- ed with a woodchip mulch and pings of river rock. Landscape ar- ct was Chris G. Moritz.

photograph at far right shows a e of native oaks (*Quercus gambelii*, known as *Q. utahensis*) that were growing between the house and t to serve as a living summer screen. dscape architects: Maas & Grassli Tom and Litz Dee, Ogden, Utah.

he photograph at near right, piñon s (*P. edulis*) were left as they grew in ntryway in Santa Fe. They were ly trimmed up a bit and cleaned out. nstant landscaping. □

NORMAN A. PLATE
Woodland setting *was created on suburban Colorado lot using unthirsty plantings of pines and aspen, with river rock and woodchips for ground cover*

Existing native plants *incorporated into two gardens. At left, a stand of piñon pines in a Santa Fe entry. At right, oaks with ground cover of delicate but invasive bishop's weed (Aegopodium podagraria)*

MARCH CHECK LIST: *Here's early garden action: pruning, indoor sowing, the first planting, catalog ordering*

☐ **Delay garden cleanup.** Wait until April to remove old leaves, pine needles, and other trash from flower beds. Fierce, dry spring winds often follow winter. Accumulated leaves keep soil moist a little longer.

☐ **Order seeds and plants from catalogs.** Be sure to specify shipping date on the order. Distant nurseries often don't understand mountain weather and may ship while our soil is still frozen.

☐ **Prune potted azaleas.** Azaleas bloom on new growth. To guarantee bloom on a pot-grown azalea indoors next winter, prune off one-third of the plant now. Place it outdoors in shade in June, and keep it fed and watered. Bring it inside in fall when night temperatures dip to 40°.

☐ **Prune trees and shrubs.** You can prune all woody plants now, except for roses, spring-blooming shrubs, and birches (they bleed in spring). Prune like an artist: Visualize the ideal tree, then take out limbs that spoil the picture. Cut at an angle just above a branch or bud; buds just below the cuts will grow into branches that will determine next year's shape.

☐ **Plant dormant stock now.** Soil with southern exposure will probably thaw enough by month's end to permit planting dormant trees, shrubs, and roses. After planting, mound soil to a depth of 10 inches around rose canes to keep out drying winds; remove soil when buds unfold. Hardy asparagus and rhubarb roots can go into organically enriched beds. Delay tender strawberry plantings until late April.

☐ **Sow seeds indoors.** About March 15 you can start seeds indoors of broccoli, Brussels sprouts, cabbage, peppers, petunias, and tomatoes. Put the seed container on a sunny windowsill, under fluorescent lights, or in a greenhouse. The seedlings will be ready for the garden in mid-May.

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SUNSET MAGAZINE, Willow & Middlefield Roads
Menlo Park, California 94025, Attn: Binder and Index.

Indoors or out, African linden is a leafy showoff

an linden (*Sparmannia africana*) s two roles in the West: In Califor- mildest climates, you can grow it big, leafy garden shrub. Anywhere, can grow it as a house plant—with of indirect light.

best way to get a sparmannia is to your own from tip cuttings; they readily in water. Get the cutting a friend—sparmannia seems to be vailable at most Western nurseries e days. Or you can order plants by from Logee's Greenhouses, 55 th St., Danielson, Conn. 06239; send or a catalog.

e for African linden indoors as you ld a coleus. Give it a lightweight ing soil, ample water, and regular ling. Tip-pinch stems if they get y, or cut the plant back severely e a year to keep it full and bushy. ortunately, red spider mite and tefly love it.

doors, sparmannia takes sun or de, but leaves look lushest in semi-shade. Keep it well watered and protected from frosts. Prune the plant heavily if it gets rangy; it will fill out again quickly. □

PATRICIA J. BERG

Outdoors, *it's a 10 to 20-foot-tall thicket with big soft fuzzy leaves*

STEVE W. MARLEY

Indoor sparmannia, *grown by Blanche Davis of Larkspur, California, is just a year old, will grow to a shrubby 6 feet or more*

Clusters *of showy white flowers bloom from midwinter into spring*

Lord & Burnham makes a truly fine greenhouse. It's the one I chose for myself."

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STEVE W. MARLEY

Bulk seed *from bins is weighed at Rocky Mountain Seed Company in Denver. On top shelf are seed-sowing tools*

Old-fashioned seed stores

The retail seed store was a fixture in most towns and cities of the West through the first half of this century—a large, good-smelling room lined with drawers and seed bins of all kinds.

These establishments began to disappear in the 1950s, but there are still a few left. To visit one is like walking into a three-dimensional seed catalog.

Here we list the most fully stocked retail seed stores in the West. Those with asterisks sell mail order; most have catalogs. They offer a variety of seeds in bulk, from ½ ounce to 5 pounds and more, and in packets.

Intermountain

*D. V. Burrell Seed Growers
Box 150
Rocky Ford, Colo. 81067
Hours: 8:30 to 5 Monday through Friday

*Rocky Mountain Seed Co.
1325 15th St.
Denver, Colo. 80217
Hours: 8 to 4:30 Monday through Friday, 8 to 12 Saturday

*Roswell Seed Company, Inc.
115–117 South Main St.
Roswell, N.M. 88201
Hours: 8 to 5 Monday through Saturday

Northwest

Harris Seeds West
1313 East Powell Blvd.
Gresham, Ore. 97030
Hours: 8 to 6 Monday through Saturday, 12 to 5 Sunday, April through June (different hours other 9 months)

*Nichols Herb and Rare Seeds
1190 North Pacific Highway
Albany, Ore. 97321
Hours: 9 to 4:30 Monday through Saturday

Seattle Garden Center
1600 Pike Place
Seattle, Wash. 98101
Hours: 9 to 5:30 Monday through Saturday

*Tillinghast Seed Co.
Morris and Maple Sts.
La Conner, Wash. 98257
Hours: 8:30 to 5 Monday through Saturday

Northern California

*Lagomarsino Seeds Inc.
5116 Folsom Blvd.
Sacramento, Calif. 95819
Hours: 9 to 5:30 Monday through Friday, 9 to 4 Saturday

*Lockhart Seeds Inc. (no catalog)
3 N. Wilson Way
Stockton, Calif. 95201
Hours: 8 to 5 Monday through Friday, 8 to 1 Saturday

Southern California

Charles B. Ledgerwood Seeds
3862 Carlsbad Blvd.
Carlsbad, Calif. 92008
Hours: 8 to 5 Monday through Saturday □

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5301 North 16th Street
PHOENIX, Arizona 85016
Georgetown Manor
5757 North Oracle Road
TUCSON, Arizona 85704

CALIFORNIA
Georgetown Manor
11720 E. South Street
ARTESIA, California 90701
Summer's Carriage House
3601 Ming Avenue
BAKERSFIELD, California 93309
Carriage House Interiors of San Diego, Inc.
5475 Grossmont Center Drive
LA MESA, California 92041
Yeager's Carriage House
1060 Redwood Highway
MILL VALLEY, California 94941
Carriage House
861 El Camino Real East
MOUNTAIN VIEW, California 94040
Valley Manor
8750 Tampa Avenue
NORTHRIDGE, California 91324
Jamestown Manor
445 North Rosemead Blvd.
PASADENA, California 91107
Kincaid's Ethan Allen Gallery
5130 Madison Avenue
SACRAMENTO, California 95841
Carriage House of San Bernardino
1363 South "E" Street
SAN BERNARDINO, California 92408
Carriage House Interiors of San Diego, Inc.
7371 Clairmont Mesa Blvd.
SAN DIEGO, California 92111
Georgetown Manor
Bayshore Freeway (101) at Tully Road
SAN JOSE, California 95151
Georgetown Manor
2101 North Tustin Avenue
SANTA ANA, California 92701
Yeager's Carriage House
2503 Cleveland Avenue
SANTA ROSA, California 95401
Georgetown Manor
P.O. Box 7605
STOCKTON, California 95207
Carriage House
2700 Sepulveda Blvd.
TORRANCE, California 90510
Tradition House
11419 Santa Monica Blvd.
WEST LOS ANGELES, California 90025
Georgetown Manor
16269 E. Whittier Blvd.
WHITTIER, California 90603
Traister's Ethan Allen Gallery
3970 East Main Street
VENTURA, California 93003

MONTANA
Carriage House of Montana, Inc.
1209 15th Street North
GREAT FALLS, Montana 59401

NEVADA
Fischer's Ethan Allen Gallery
4043 S. Eastern Ave.
Eastern at Flamingo
LAS VEGAS, Nevada 89109
Simon's Ethan Allen Gallery
3445 Kietzke Lane
RENO, Nevada 89510

OREGON
Georgetown Manor
I-5 (Salem) Freeway
Just South of Hwy. 217
PORTLAND, Oregon 97219
Stinson's Ethan Allen Gallery
3150 Gateway Loop
SPRINGFIELD, Oregon 97477

UTAH
Carriage House
University Mall
OREM, Utah 84057
Carriage House
4545 South 9th East
SALT LAKE CITY, Utah 84117

WASHINGTON
Carriage House
4029 200th Street S.W.
LYNNWOOD, Washington 98036
Ralph Johnson's Carriage House Inc.
9400 Gravelly Lake Drive, S. W.
TACOMA, Washington 98499
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The date I'd like to attend is: (Circle one) April 18, April 19, April 25, April 26.

The best time for me is: (Circle one) 10:30 a.m., 1:30 p.m., 7:30 p.m.

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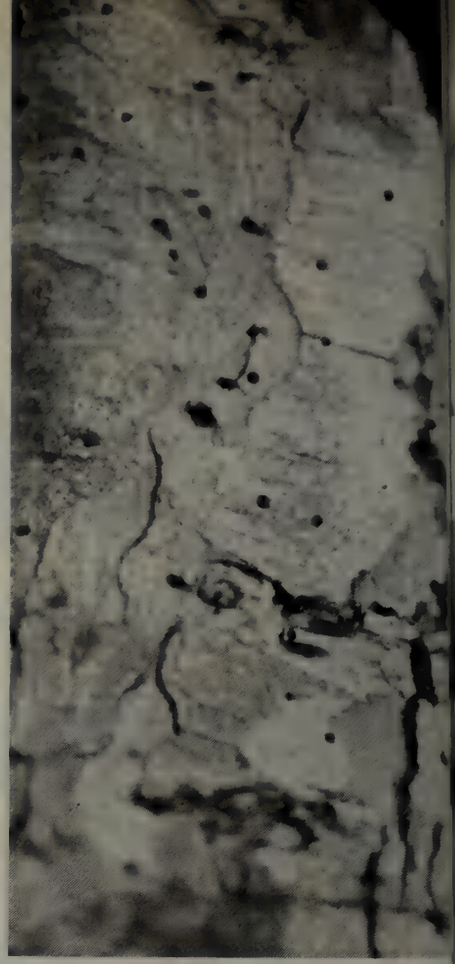
Number of tickets _____ (limited to 2 per person)

NORMAN A. PLATE

Dead pine tree *in foreground has rust-red needles; it was attacked by bark beetles. Tree at left is healthy*



Boring holes *in limb of a Monterey pine show where male beetles entered the tree*

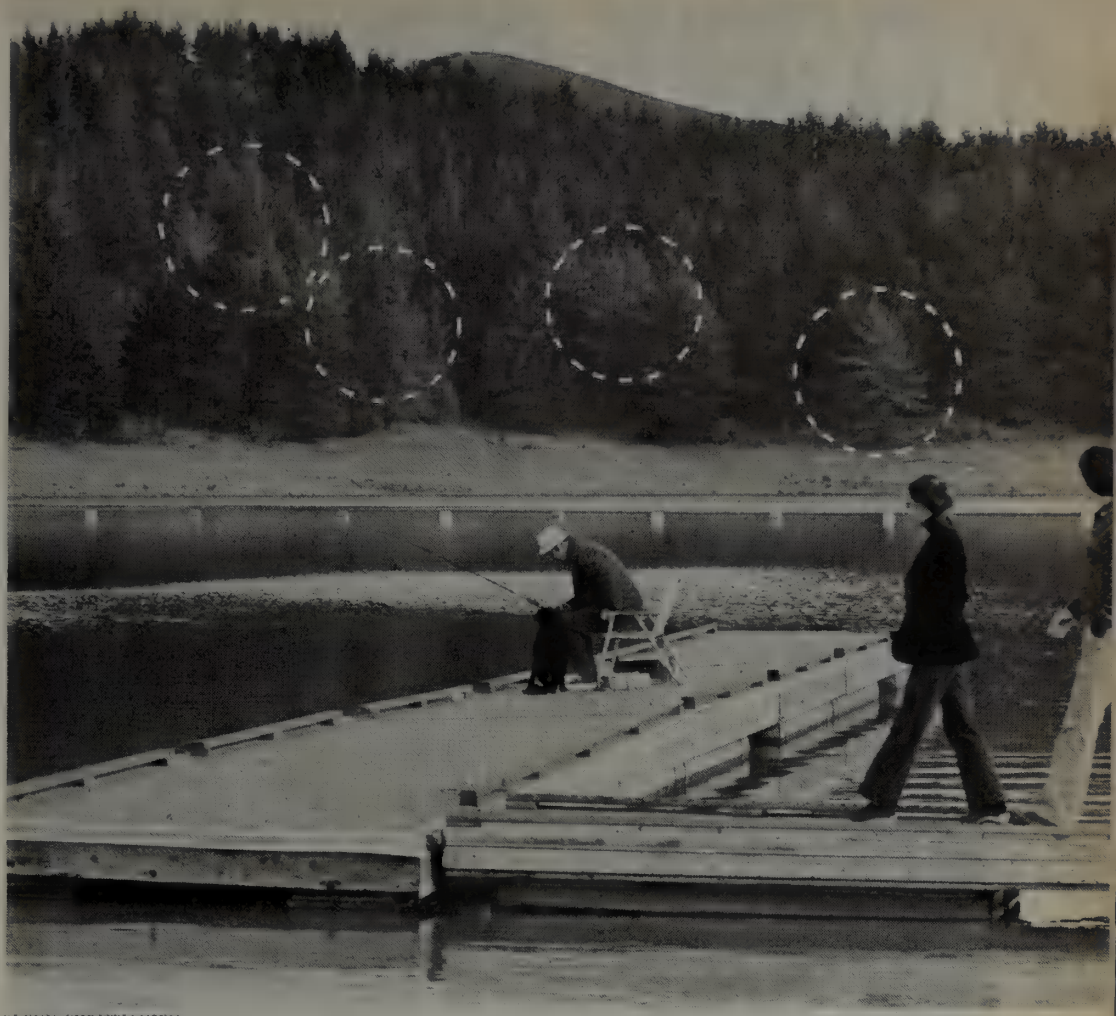
Entry hole *of red turpentine beetle is surrounded by pinkish-white sap*

Pines in trouble? Start looking for tiny beetles. There's just a little you can do to stop them

dult *California five-spined engraver beetle (Ips paraconfusus) is dark brown, about 3/16 inch long*

e pupa *will develop into adult beetle in a few weeks. As a larva (before it ited), this creature mined the tunnels*

eled pine *reveals tissue destroyed by ae and adult beetles. Fresh trails are covered with sawdust-like frass*



GLENN CHRISTIANSEN

Circled trees *are dead or dying; they've been attacked by engraver beetles. These are Monterey pines (planted, not native) near Orinda, California*

drought of 1975-77 put pine trees—cially Monterey and ponderosa s—under stress in many parts of the . In their weakened state, they be- especially susceptible to bark es. Even after a rainy winter, many may still be vulnerable to attack. t's worse, healthy trees growing infested ones may also be attacked. e's little a pine tree owner can do t rid of beetles or protect against . The first step is learning the signs bark beetles are in a tree.

the beetles

of the most aggressive and harmful e California five-spined engraver e (*Ips paraconfusus*), which attacks ops of pines and then works down. Adult male beetles bore into the wood first, forming small chambers where females later join them. The females dig tunnels and lay eggs in them; the eggs hatch and the resulting larvae eat paths at right angles to the adult galleries.

All this burrowing clogs a tree's plumbing and at the same time pine beetles introduce a fungus that interrupts sap flow. This double whammy quickly kills the tree. Adult beetles then move on to another pine.

Other bark beetles usually follow in the wake of the California five-spined ips. The Monterey pine ips (*Ips mexicanus*) attacks only Monterey pines. It looks like a five-spined engraver and destroys trees the same way.

The red turpentine beetle (*Dentroctonus valens*) usually doesn't kill pines but does put stress on them. It enters the roots and trunk at ground level.

Identifying trees in trouble

The first signs are small boring holes about the size of a pencil point in the upper trunk and larger limbs and reddish, powdery sawdust (frass) from beetle burrowings. These signs are difficult to see from the ground.

The next and last sign is foliage turning from green to yellowish to reddish-brown. When this happens, there is no chance for recovery.

Preventive measures

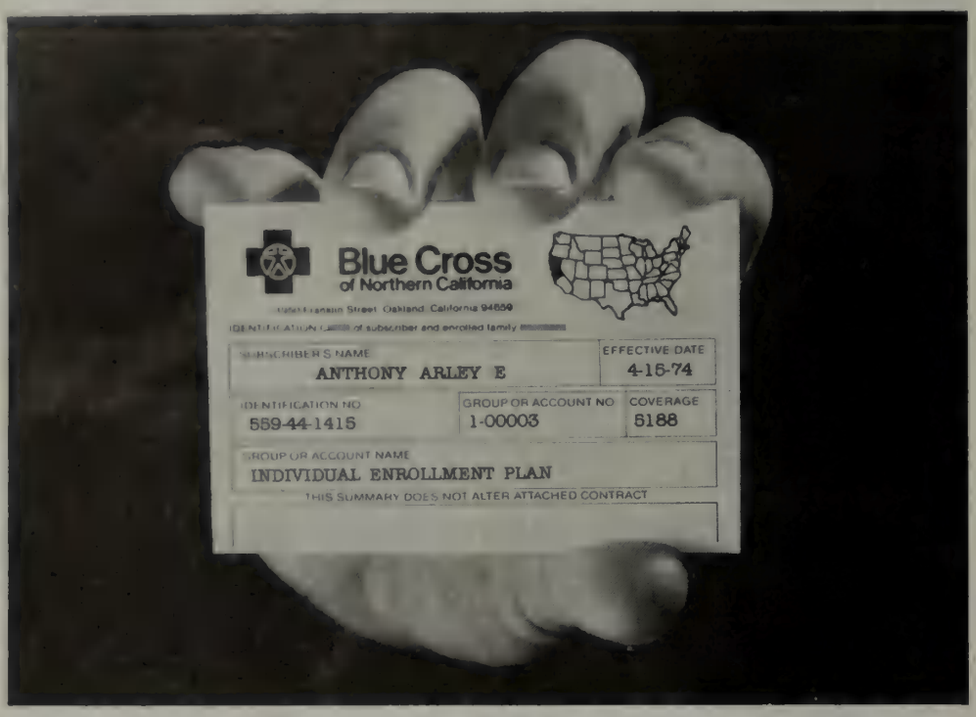
If your pines have recently died or show definite signs of beetle attack, remove them quickly and take all wood and brush to the dump to prevent adult beetles from migrating to neighboring healthy trees.

To protect small pines from bark beetles, spray bark with a 20 percent solution of lindane using a garden hose-end sprayer. Mix 1 pint of this concentrate with 5 gallons of water, or 2½ gallons with 100 gallons of water. This lindane treatment works only as a deterrent to engraver beetles entering the trees.

Lindane is a long-life chemical from the DDT family and it can be harmful to the environment. If you choose this method to protect larger trees, have a licensed operator do the job.

Do systemics kill larvae and beetles inside the tree? According to tests conducted on 150 pine trees by the University of California, they do not. The trees were divided into 30 groups of five trees each. In each group, four trees were treated with one of four systemic insecticides, and the fifth was left untreated. Surprisingly, at the end of six months, the no-treatment pines had fewer bark beetle - caused deaths than the others. □

Traveler's aid



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Another way to graft . . . when other ways fail

Intrigued by the art of grafting? He another technique (along with w grafting—see page 114 of the Janu 1978 *Sunset*) to help you obtain sca varieties of fruit trees or fit more ki of them into a small area.

Suppose that you've put off making y grafts until both the host tree and scion of the variety you want to have started to grow—or that you d even find a scion source until midsu mer. Or perhaps your scions are t short, or somewhat incompatible w your host tree, or your climate is qu harsh and dry. In all these cases, gr ing by normal techniques often fails cause the scion dries out before the g heals enough for sap to flow into it.

In midsummer, you would normally rather than graft to produce new tr often getting little new growth until following spring. With the technic shown here, you may gain a seaso growth.

Amateur orchardist Larry McGraw Dayville, Oregon, calls his met "hydro-grafting"; he's used it with ples, cherries, peaches, and plums as as midsummer. Here's how:

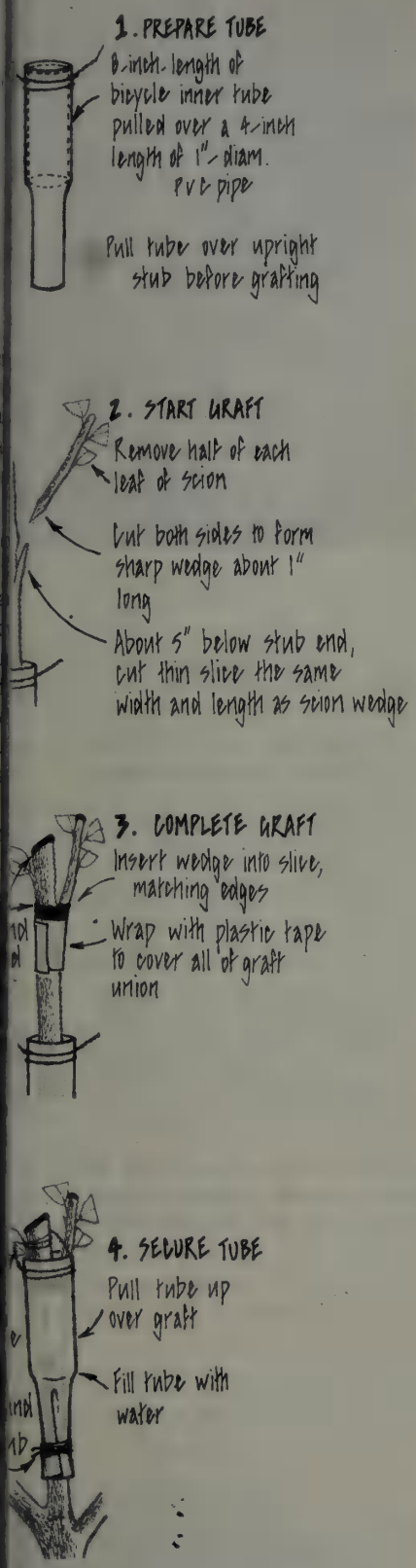
Make a tube as shown in drawing right. For PVC pipe you could substit a 35 mm film can minus its bottom, a plastic mailing tube. The bicycle in tube should fit snugly over it.

Choose an upright limb of the host tr Cut it long enough so the stub can p trude well above the graft. Slip the tu over the limb stub while you make graft. If the scion isn't dormant, keep cut end in water, and graft promptly

As in any graft, match the slick in cambium bark of the two pieces as p cisely as possible. When finished, m a nick barely through the bark of scion just above the taped graft un (it will take up water later).

Lift tubing so it covers the graft un and the nick above it. Wire ends of t as shown, and fill with water. Tigh the lower wire or add pinches of fine (they sink) to seal leaks.

Because the leafy stub above the gr helps draw sap to the grafted area, t side graft gives late-season and ot dubious grafts better odds for succ than whip grafting would. To red



steps *to a successful graft*
cGraw's "hydro-grafting" method

ture loss, cut off half of every leaf
e scion.

ot weather, a shield of foil over the
nd sides of the tube will help reduce
oration and keep water cool. Check
r level daily and keep filled.

n new scion growth shows that the
t has taken, gently slide the tube off.
r a year, cut host limb back to the
t, slit and gently pull off tape, and
cut with grafting compound. □

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Castro Valley Shopping Center
CHESTER.....Ayoob's Dept. Store
CHICO....Plaza Shoes, North Valley Plaza #26
Richardson's, 319 Main St.
CITRUS HEIGHTS.....Tower of Shoes
6302 Sunrise Blvd.
COLUSA.....Johnson's Shoes, 520 Market St.
CONCORD.....Red Wing Shoe Store
2145 Salvio St.
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7387 Amador Valley Blvd.
FORTUNA.....Redwood Bootery, 1055 Main
FRESNO.....Red Wing Shoe Store
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GRASS VALLEY....Collier's Shoes, 113 Mill St.
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SANGER.....James Shoe Store, 1332 7th St.
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Dahlia root clump *and tubers as sold at dahlia sales. Tubers are 3 to 8 inches long*

W. D. A. STI

Big month for shows: camellias, orchids, daffodils, bonsai, wildflowers. Open house in Alameda. Dahlia roots for sale

NORTHERN CALIFORNIA

Sacramento. March 2 through 12. Annual Camellia Festival. Highlights will be the 54th annual camellia show by the Camellia Society of Sacramento March 4 and 5, and the Camellia Festival parade on March 11 at 10 A.M. For information on all events, contact Camellia Festival Association, 724 J St., Room 101, Sacramento, Calif. 95814.

Davis. March 4. Seminar on solar energy sponsored by University of California Extension, Davis. Place: Mini-center on Hutchison Dr., campus. Hours: 9 to 5. Fee: $43. For details, telephone UCD Extension, (916) 752-0880.

San Francisco. March 4. Demonstration of pruning at the one-Saturday-a-month series sponsored by the Strybing Arboretum Society. Place: Hall of Flowers, Golden Gate Park, Ninth Ave. and Lincoln Way. Hours: 10 to noon. For information on fees, telephone the society office, (415) 661-0822.

San Francisco. March 7, 14, and 28; April 4. Spring lecture series sponsored by the Strybing Arboretum Society. Place: Hall of Flowers, Golden Gate Park. Hours: 10 to noon. For information on fees, telephone the society office, (415) 661-0822.

Belmont. March 9 and 10. Flower show presented by the Belmont Garden Club. Place: Glendale Federal Savings, 1888 Ralston Ave. Hours: Judging and champagne preview 7:30 to 9 Thursday; 10 to 4:30 Friday. Free.

Fresno. March 10, 11, and 12. Central California Orchid Society show, including live exhibits, corsages, and arrangements. Place: Breuners Home Furnishings, 1732 E. Shaw Ave. at Cedar St. Hours: 9:30 to 9 Friday, 9:30 to 5 Saturday; noon to 5 Sunday. Free.

San Mateo. March 11. "Easterama" flower show and boutique presented by the Hillsborough Garden Club. Place: San Mateo Garden Center, 605 Parkside Way. Hours: 10 to 4. Free.

Petaluma. March 11 and 12. Annual flower show and boutique presented by the Petaluma Garden Club. Place: Kenilworth Recreation Center, Fairgrounds Dr. Hours: 1:30 to 7 Saturday; 10:30 to 5 Sunday. Free. The tearoom will serve lunch on Saturday at 1:30 and on Sunday at noon.

Graton. March 14 and 15. Annual flower show and plant sale by the Graton Community Club. Place: Community Clubhouse, Main and N. Edison streets. Hours: 10 to 9 Tuesday; 10 to 4 Wednesday. Free. Luncheon of sandwiches, cake, and coffee will be available.

San Rafael. March 15. Seventh flower show presented by the Peacock Gap Garden Club of Marin. Place: Loch Lomond Yacht Club, 95 Loch Lomond Dr. Hours: noon to 6. Free.

Diamond Springs. March 16. Annual Daffodil Tea presented by the Golden Land Home and Garden Club. Place: Mother Lode Lions Club Hall, Missouri Flat and Pleasant Valley roads. Hours: 1:30 to 3:30. Donation.

Monterey. March 17. Flower arranging demonstration by Jack Daniels sponsored by Cypress Garden Guild of the Monterey Peninsula. Place: Steinbeck Forum, Monterey Conference Center, 1 Portola Plaza. Hours: 1:30 to 4. For necessary ticket reservations ($6), telephone (408) 372-2427 or (408) 624-7647. Tickets will not be sold at the door.

Merced. March 17, 18, and 19. Gardening and landscaping show cosponsored by Merced County Chamber of Commerce and Merced College. Place: Merced Fairgrounds. Hours: 10 to 9 Friday and Saturday; 10 to 5 Sunday. Admission: $1.50, under 12 free. group rates, telephone the Chambe Commerce office, (209) 722-3864. S will include demonstration garc guest speakers, and commercial exhi

San Francisco. March 18. Eleventh nual dahlia root sale by the Da Society of California. Place: Hall Flowers, Ninth Ave. and Lincoln W Golden Gate Park. Hours: 10 to Roots: 50 cents each. 12 for $5.

Chico. March 18 and 19. Flower sh presented by the Chico Horticultural ciety. Place: Card Community Cen 545 Vallombrosa Ave. Hours: noon t Saturday; noon to 6 Sunday. Free.

Redwood City. March 18 and 19. El enth annual African violet show plant sale by the San Mateo Cou African Violet Society. Place: How Johnson's, Bayshore Freeway and Wh ple Ave. Hours: 1 to 8 Saturday; 10 4:30 Sunday. Free.

San Leandro. March 25. Root sale San Leandro Dahlia Society. Place: pa ing lot beside dahlia garden at E. 14 and Toler streets. Hours: 10 to 3:30.

San Jose. March 30 and 31. Twen sixth annual orchid show presented the Santa Clara Valley Orchid Socie Place: Wells Fargo Bank, Willow G branch, 1250 Lincoln Ave. Hours: 10 9 Thursday; 10 to 6 Friday. Free.

Fortuna. April 1 and 2. Fourth ann daffodil show by the Fortuna Gard Club. Place: Fortuna Monday C House, Sixth and Main streets. Hou 1 to 6 Saturday; noon to 5 Sunday. Fre

Oakland. April 1 and 2. Exhibit by t Fuji Bonsai Club. Place: Lakeside Pa Garden Center, 666 Bellevue A Hours: 10 to 9 Saturday; 10 to 6 Su day. Free. Demonstrations of bons technique from 2 to 3 both days.

ento. April 1 and 2. Show pre- by the American Bonsai Associa- lace: Shepard Garden and Art 3330 McKinley Blvd. Hours: 1 turday; noon to 5 Sunday. Free.

ancisco. April 1, 2, and 3. The nnual California Spring Blossom Vild Flower Association show. Hall of Flowers, Golden Gate Hours: noon to 5 Saturday; 10 to ay; 10 to 3:30 Monday. Free.

la. April 1 through 16. Decora- owcase at the Charles Lee Tilden n, 1031 San Antonio St., spon- by the Benefit Guild of the East The grounds have been reland- and the mansion decorated. 10 to 4 Monday through Friday; 5 Saturday and Sunday. Admis- 3.50; senior citizens, $2.50. For send self-addressed, stamped en- and check payable to the Guild n Ingemanson, 12 El Pulgar, , Calif. 94563.

RADO

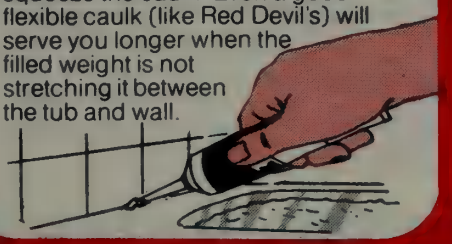
r. March 11. Rose symposium red by the Denver Rose Society. Horticultural Hall, Denver Bo- Gardens, 1005 York St. Hours: noon. Free. Guest speaker will Eldon W. Lyle, plant pathologist, Rose Research Foundation, Inc.

r. March 20, 23, 27, and 30. Land- design symposium conducted by lorado State University Extension e, Adams County. Place: Inn at lart, Denver Merchandise Mart, venue and I-25. Hours: 7 to 10:30 eating capacity limits registration 0) to 60 people. For registration nformation, telephone the Adams y Extension office, Brighton, Colo- 303) 659-4150. □

Twisting *Hollywood junipers flank entrance to Tilden mansion in Alameda, open for Decorator's Showcase April 1 through 16*

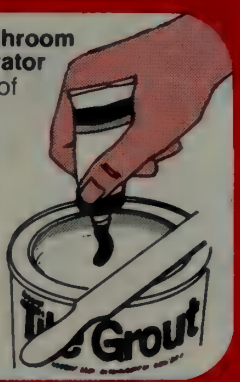
Handy ideas on home fix-up

Fill the tub before you caulk. (Get in if you can, too.) Then, when the tub is empty, it'll rise slightly and squeeze the caulk. Even a good flexible caulk (like Red Devil's) will serve you longer when the filled weight is not stretching it between the tub and wall.



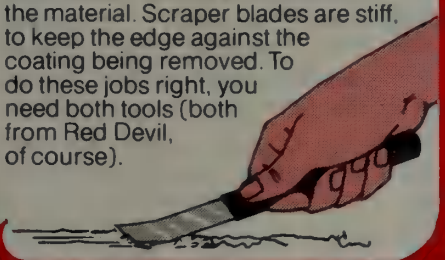
Save money when you save energy. This new 72-page Energy-Saving Book has dozens of do-it-yourself energy-saving tips that can save you hundreds of dollars. The cost is only $1.25 plus 50¢ postage and handling. Send check or money order to: Save Energy, Dept. E1, Box 310, Maplewood, N.J. 07040.

Give your new bathroom or mosaics a decorator look. Add a touch of color to the grout before you put it between the tiles. Just mix acrylic paint tint (from wherever you buy paint) with Red Devil Instant Tile Grout and see the exciting effect it creates.

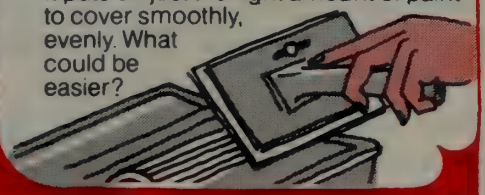


You don't cut glass with a glass cutter. You score it to release surface tension. So don't press too hard or go over it a second time. Hold your Red Devil cutter between the index and middle fingers as shown, (a drop of oil on the cutter helps, too). Then, you've got the score.

A putty knife is not a scraper. And vice versa. Putty knives (for spackling walls and puttying windows) have flexible blades to smooth-on the material. Scraper blades are stiff, to keep the edge against the coating being removed. To do these jobs right, you need both tools (both from Red Devil, of course).



Go easy on the paint with your pad painter. If you let the pad soak up too much paint, you won't get the best possible results. That's why Red Devil has a patented metering tray designed especially for pad painters. It puts on just the right amount of paint to cover smoothly, evenly. What could be easier?



Red Devil has hundreds of things to make your home fix-up easier. Look for them wherever you shop for home-care products. And for best results, always follow directions on the package.

Red Devil®

UNION, N.J. 07083

BILL ROSS

How fast *a tomato seedling grows depends on the mix. Slowest starter was planted in potting mix ("control"), fastest in Cornell mix ("Bot. mix")*

How to speed up seedlings? Start with the right soil mix

Most gardeners sow seeds of annual flowers and vegetables right on the ground if danger of frost is past and if the soil is in good condition. But if you want to give plants an early start to avoid frost, soggy or heavy soil, or marauding birds, slugs, or snails, plant seeds now in a container. Keep the container inside a sunny window or in a greenhouse, then transplant seedlings later into open ground.

You can sow seeds in all sorts of containers. More important is the mix you put in the container.

Which container?

By far the most efficient container for home gardeners is still the standard nursery flat. Wooden ones are easy to make (2½ by 18 by 18 inches) and can be used to start almost anything (but root crops, peas and beans, nasturtiums, morning glories, and wildflowers are best started in the ground).

Most other commercially sold containers fall into two classes: cellular (like egg cartons) plastic containers, called color packs, six packs, or cell packs; and peat pots, water-expandable pots (both are shown above right), and fiber blocks, all of which go into the ground with the seedlings.

Which growing medium?

Except for the expandable pots and fiber blocks, which are sold ready to seed, seed-starting containers must be filled with a planting medium in which you put the seeds. Several mixes are available; here are some components.

Peat moss. Organic matter (often sphagnum moss) that decomposed centuries ago. Has a tremendous ability to absorb and hold water when premoistened, but also sheds water when too dry. To premoisten, knead water into it by hand. Peat is slightly acidic, and has little or no nutritive value.

Perlite (sponge rock). Non-nutritive, sterile, expanded volcanic rock that serves the same purpose as sand, though it holds water a bit better.

Sand. Blowsand or number 2 builder's sand has excellent drainage and gives good support to seedlings, but do hold water well (and seedlings sh never be allowed to dry out complet It improves drainage, adds air sp and gives body to planting mixes.

Vermiculite. Sterile, expanded mica holds water very well for a min Used in mixes or by itself.

Most of these ingredients are porous lightweight—real advantages as a s ling struggles to break through the face and send roots out. Lightwe mixes also make it easy to thin transplant seedlings.

Potting soils, unlike seed-starting mi are usually too heavy to be good s starting media. The pot marked "c trol" in the tomato line-up shown ab demonstrates what happens to a s started in potting soil.

What higher education can do for your seeds

Among the best seed-starting mixes those developed by universities. Of two listed here, the Cornell mix is m available commercially. However,

DAVID STUBBS

growth *shows in seedlings' preference for porous expandable pot (right) over heavier potting soil in peat pot at left. ndable pot and Cornell mix (opposite page) showed equal results*

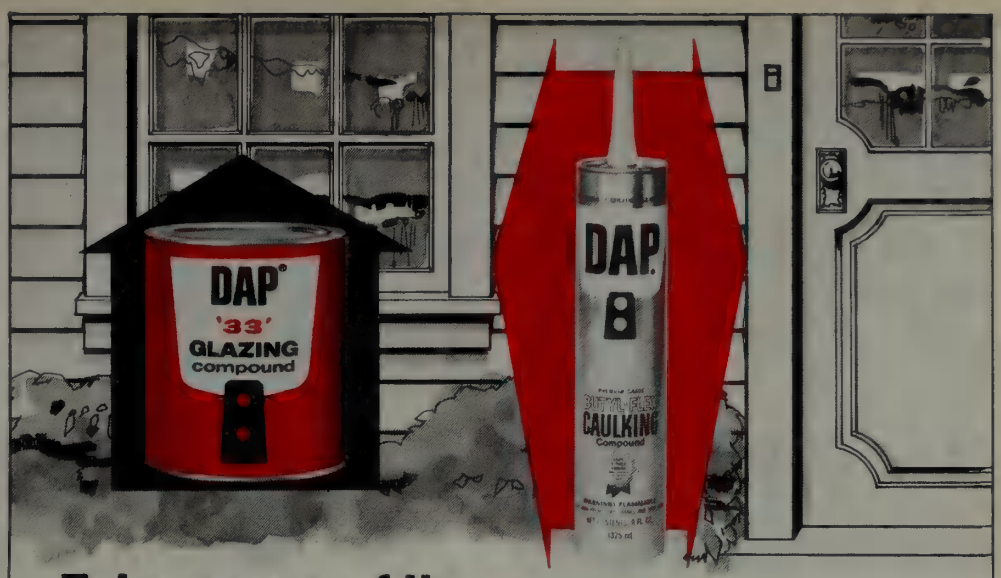
nake your own version of either tions follow).

rsity of California mix. The basic -there are several variations—is parts peat and sand, plus a little zer. One of the West's biggest seed rs uses it with the addition of his ertilizer formula.

ell University mix. This one is half half vermiculite or perlite, and also ly has fertilizer added. The "Bot. which produced the biggest tomato ng at top left is a commercial adap- of the Cornell mix.

ake your own version of either the r Cornell mix, simply add a com- slow-release fertilizer (follow ge directions) to the basic two in- ents. A cubic foot of this mix will o standard flats and then some.

u decide to start your plants in any tilized medium, remember that the itself and photosynthesis can supply enough nutrients to keep the seed- healthy until the first true leaves ar. Then you must move the plant a fertile medium or feed it. □



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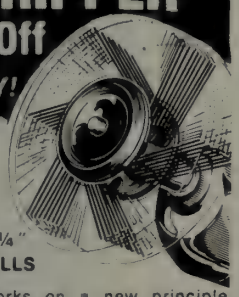

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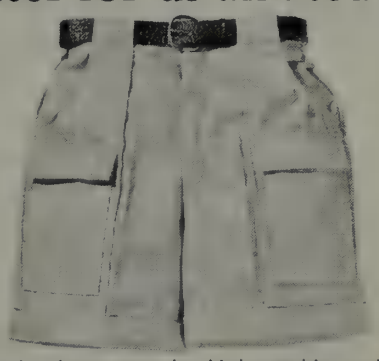

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Here are more choices for a less thirsty lawn. Subtropical grasses . . . fast, invasive, brown in winter, drought-tolerant

Bermuda grasses *should be cu low. The duck's toes barely settle into this Tifgreen hybri Bermuda—it's ready to be mo*

Although rains finally came to the West, we will still remember the drought for a long time. Some of us may never go back to a lawn of water-guzzling Kentucky bluegrass, fine fescues, bent grasses, and rye grass.

If you want an all-year lawn, there are certain grasses that stay green all winter and need less water (see *What are your choices in less thirsty grass?* on page 258 of the October 1977 *Sunset*). September through November is the best—and most water-saving—time to plant them. If you are willing to accept a lawn that turns brown in winter, three types of subtropical grasses are even more tolerant of drought.

Spring is the best time to plant these warm-season grasses. The six best individual choices for home lawns are illustrated and described on the opposite page.

Before planting, prepare the soil thoroughly. Follow the directions for lawn preparation given in the *Sunset* book *Lawns and Ground Covers* or the *Sunset Western Garden Book*.

Since these vigorous warm-season grasses spread—sometimes very fast—by means of above-ground runners and under-ground rhizomes, it is advisable to build some type of curb edging around the lawn area. For directions how to build one type of edging, see t box in the lower corner of this page. T curb provides both containment and firm surface for a lawn edger's whe to roll along.

The Bermudas

These need the least water because their very deep roots. You can pla Bermudas as sod—just unroll accordi to the sod farm's directions. Or pla stolons just as you plant seeds, at t rate of four to six bushels per 1,0 square feet. Scatter stolons evenly ov the planting area and then roll with cleated roller (available at most nur eries that sell stolons). If you can't fi a cleated roller, do this: save a litt topsoil, scatter the stolons, then sprink a fine layer of topsoil over the stolon A third choice, for small lawns (und 600 square feet), is to poke holes inches apart on the surface, put one en of a stolon into each hole and pre the soil back around it. Whatever th method, sprinkle the surface and keep moist until the stolons grow.

Keep Bermuda grasses mowed as lo as possible.

St. Augustine grass

Plant from sod (as directed), stolons, plugs. Plant stolons at a rate of s bushels per 1,000 square feet, otherwi following the same procedure as fo Bermudas. Plant plugs from flats—1 flats per 1,000 square feet, cut into inch plugs, planted in rows about 1 inches apart. Keep the ground very moi until sprouts grow, then reduce waterin

Mow St. Augustine grass 1 inch high.

Zoysia grasses

These need warm nights for best growth They are commonly planted from plug

One way to contain fast spreaders: curb them with concrete edging

Redwood is often used for curb edgings, but concrete has advantages that redwood can't match: It has no joints for runners or rhizomes to penetrate, it won't rot, and a mower or edger can't splinter, nick, or crack it.

Here is one way to build a concrete curb edging:

Around the whole area where you plan the lawn, dig a trench at least 3 inches deep and 10 inches wide. (You may find a snapline useful as a guide for any straight-line digging.) Line both sides of the ditch with 10-inch-long stakes placed at about 2-foot intervals around the inside. Pound them in until only about 1 inch of stake protrudes above the ground. Nail benderboard to the inside of the stakes to form the walls of your concrete forms. Make sure the benderboard is flush with the tops of the stakes.

Now begin digging again: a new trench only 6 inches wide in the center of the old trench (it won't upset the stakes). Keep digging until you've gone a total of 12 inches below the ground surface.

Pour concrete into the trench until it fills to the top of the benderboard. When the concrete dries, remove the stakes and benderboard.

lons, but some sod is now avail- Follow the same planting proce- as for the Bermudas. Allow 10 to nths for grass to fill in.

Zoysias about one half inch high.

al care

ubtropical grasses grow best in climates. They survive tempera- of 20° and thrive with summer of 110°.

Feed all of these grasses with a high-nitrogen fertilizer at least once in fall and once in winter. In summer, feed them at six-week intervals.

Water these warm-season grasses only when they begin to lose their bright green shine and start to turn a dull blue-gray. Then put on enough water to soak the soil to at least 8 inches. If the water runs off, stop until the soil soaks is up, then turn on the water again. □

Close-up look at the grass blades: wiry and fine to broad and thick

on Bermuda *has fine blades, but coarser than hybrid Bermudas. is green with slight grayish cast; frosts change it to a straw brown*

Santa Ana Bermuda *is a hybrid. Grows with a slightly thicker texture than common Bermuda, and also keeps its deep green color longer in cold weather*

en Bermuda *has the finest e. Dense and blue-green, s its color longer than Bermudas in cold weather*

St. Augustine *grass has very dark green blades. It grows well in the sun, and is very shade tolerant. Color turns brown for a short time in winter*

ald Zoysia, *a dark green hybrid, very dense and is wiry touch. It keeps its color e is no frost*

Meyer Zoysia *is a hybrid which resembles bluegrass in appearance and texture. This grass browns early in winter and greens late in spring*

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Take one lightweight volcanic rock, hammer, and chisel ... you get a planter with character

DARROW M. WATT

Bionic woman? *No, but lightweight volcanic rock (just 19 pounds) makes her look that way. Look to the right to see how it can be made into a planter*

Lightweight volcanic rock is an attractive and useful material in itself. Add the fact that you can turn it into a planter and it becomes even more versatile. Volcanic rock planters are easy to make with basic home workshop tools.

Start by choosing a good-looking piece of volcanic scoria at a stone yard. Usually sold as feather rock for about 10 cents a pound, it comes in charcoal color (expanded obsidian) and silver gray (block pumice). Both kinds are lightweight but rough; handle with gloves to keep from getting cut. Of the two, the silver gray is easier to carve.

To steady the rock while you're working it, and to keep the bottom from chipping, set it in a shallow box of sand on an outdoor tabletop. Tools you'll need are a ¾-inch cold chisel and a hammer. (You can do a faster, more refined job by also having on hand ¼ and ½-inch cold chisels and a round grinding bit for a power drill.)

Before you start cutting, remember that scoria has a definite grain. You can cut with or against the grain; if you cut with it, use small taps and a small or medium-sized chisel, or you may split the rock.

Once you've decided where the planting holes should be, outline them with chalk. Then, using a hammer and ¾-inch chisel, cut straight into the rock along the chalk line, working around the line a little at a time. This leaves an island of stone on the inside of the planting hole; vigorously chip it away with the chisel.

With this technique, it took 1½ hours for a beginner to carve a plant hole about the size of a 5-inch pot. A more experienced carver, however, can do the job in about one-quarter of that time.

Another method: Hold a ¼-inch chisel perpendicular to the chalk line and chip continuously until the tiny chisel-trench is 3 or 4 inches deep all the way around. Then hit the island of stone obliquely with a hammer. If you are lucky, the whole piece will break off and lift out.

Either way, for most small perennial plants, you'll have to chip a hole at least 3 or 4 inches deep (deeper is even better); mosses and ground covers will need 2 inches. A grinding bit on a power drill makes quick work of cleaning up the planting hole's sides. It's also a good idea to drill two or three drainage h through the bottom of the rock. Sc has fairly good natural drainage, salts can still accumulate around plant's roots and cause damage a several months.

You can enhance the natural line your rock by chipping along grain li with the chisel. This technique gives rock something of a badlands appe ance. Or for a very smooth, molded sa look, file the rock into rounded co tours with a rasp, brick, or small pie of scoria. (Some artists use this meth to rough out statues and freeform scul tures in scoria before tackling the r thing in stone.)

Choose plants with an eye for the pl your rock planter will be displayed. you put more than one kind of plant the rock, choose species that need si ilar growing conditions, and try select ones that don't grow too quick As the latter requirement suggests, v canic rock is a natural for bonsai.

hisel down and around perimeter f planting hole, then chip away ck island from edges toward center

2 • *Smooth down rough spots with drill-mounted grinder (or a chisel, though this may split thin part of rock)*

3 • *In go variegated Pieris japonica and flowering Isotoma. Active roots may eventually split the rock*

BILL FAULKNER

Natural lines *of volcanic scoria often accent the texture of the plants it holds. Echeveria surrounded by sedums (left) needs a sunny spot; fibrous begonias (above) thrive in broken shade*

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WILLIAM APLIN

Removing debris *from sticky cactus calls for tools like (clockwise from left) surgical forceps, tweezers, whisk broom, needle-nose pl*

Tools for the cactus groomer

The only way to garden or housekeep around spiny cactus plants is very, very carefully. Often the safest way to get into the treacherous nooks and crannies is with special tools. Shown here are four favored by cactus specialists.

A fifth popular tool, not shown, is a vacuum cleaner with a tube-and-wand attachment.

For simple dusting (as opposed to trash removal) you can use an artist's oil-painting brush.

Two of the cactus groomers above are wearing gloves. Leather gloves protect your hands against pokes and scratch from long and medium-needled cact but even they don't give positive pr tection against the nearly invisib barbed spines of the opuntia cactu When handling opuntias always u long-handled tools.

You can pick up a small stickery cac (to remove from a pot, for instanc with flat wooden tongs, chopsticks, o collar of many-times-folded newspape For large plants that need lots o squeeze to be lifted, use leather glov and wads of newspaper.

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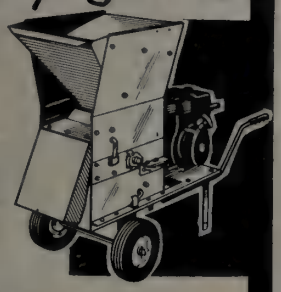

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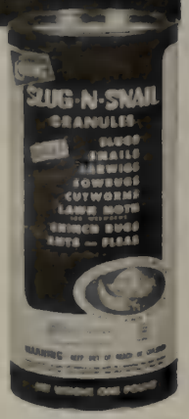

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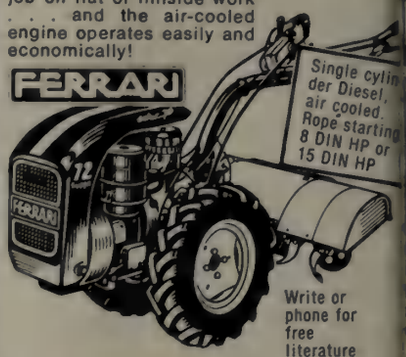

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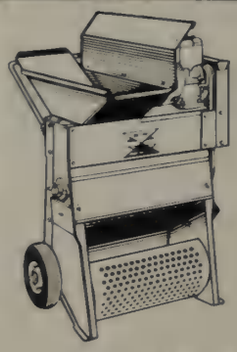

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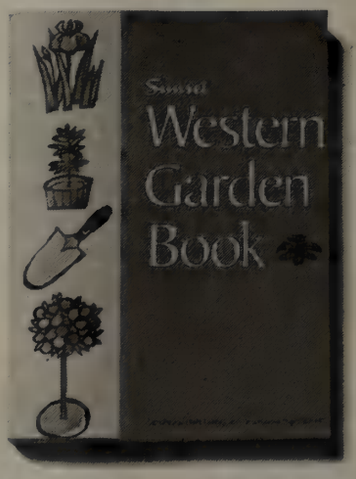

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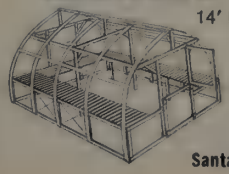

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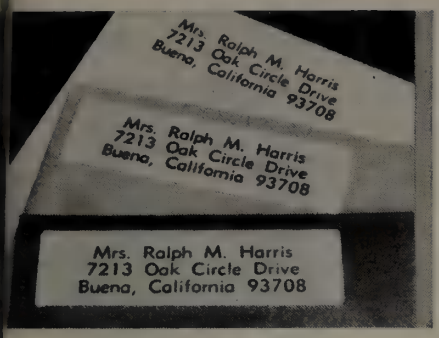

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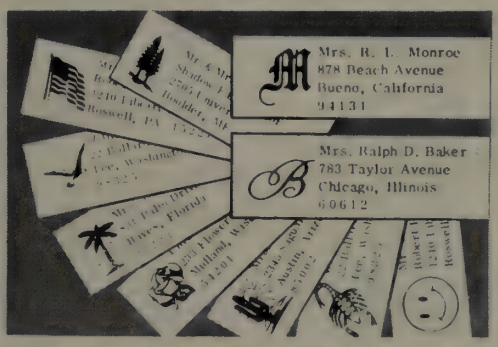

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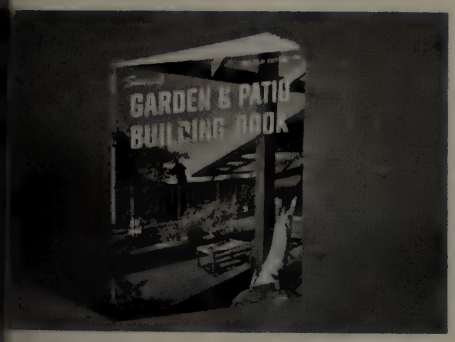

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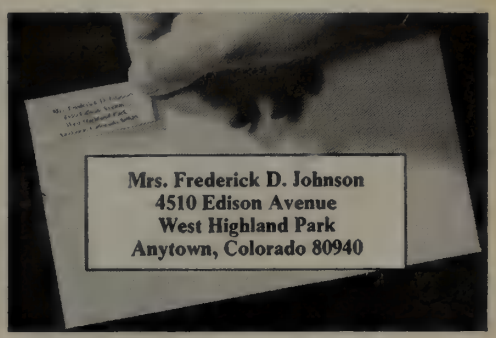

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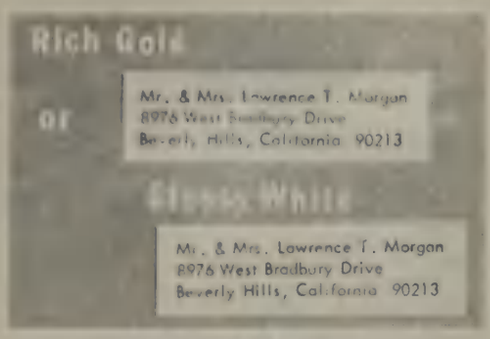

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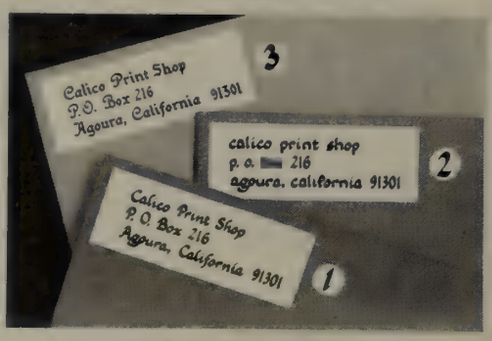

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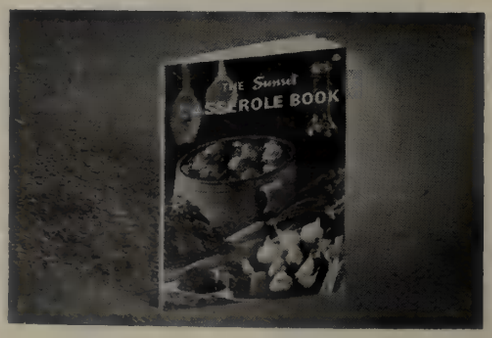

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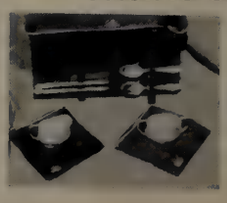

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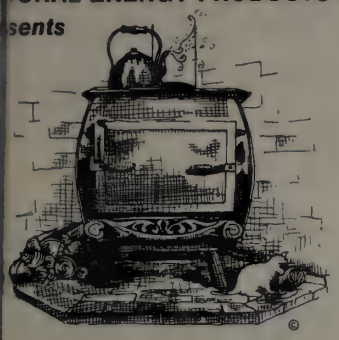

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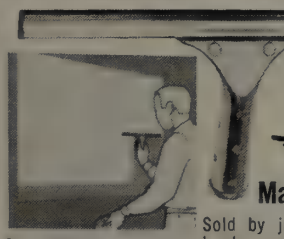

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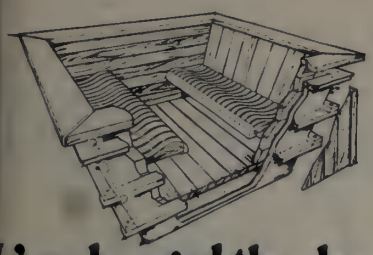

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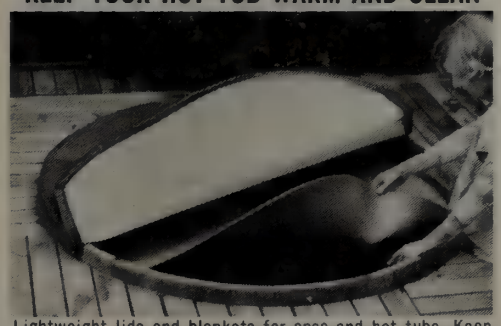

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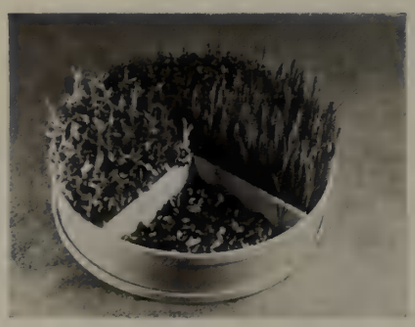

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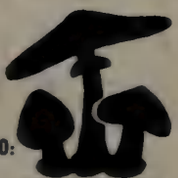

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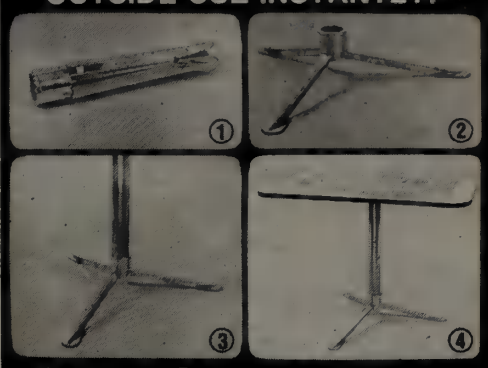

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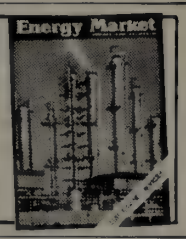

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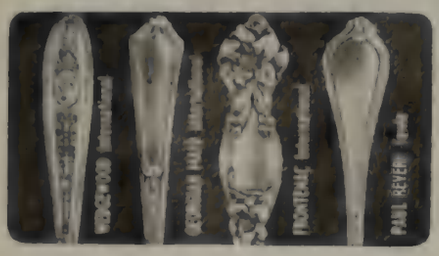

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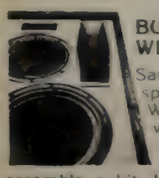

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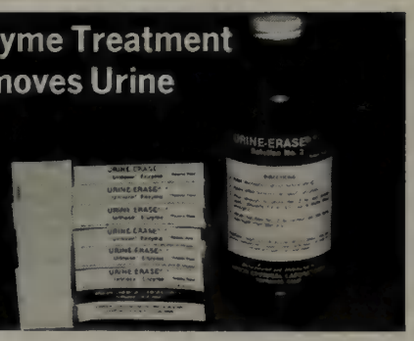

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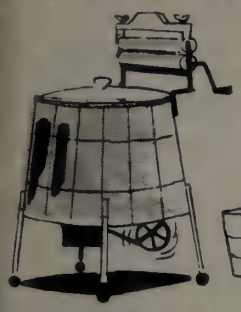

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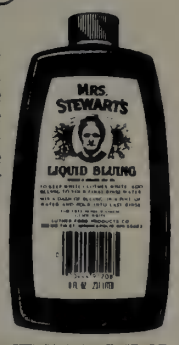

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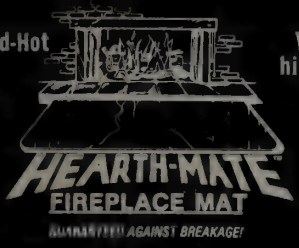

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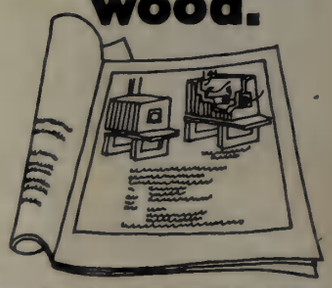

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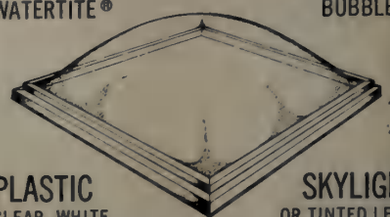

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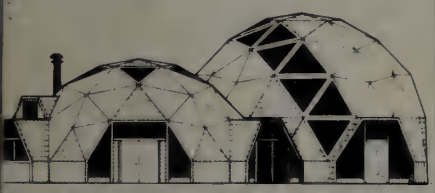

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The West's own delicious and mysterious Dungeness crab

Westerners treasure the Dungeness crab as a regional delicacy, like Ne England lobster or Gulf shrimp. And the Dungeness has been especiall popular during the past couple of years, when the supply has been muc greater—and prices much lower—than just a few years before.

Why this great fluctuation in price and supply? Nobody really know The Dungeness (*Cancer magister*) has been a biological mystery. An more knowledge seems to be needed soon to ensure a continued supply.

This crab is caught commercially from around Morro Bay, Californi north to Alaska, with the bulk landed in the three adjacent Pacifi states. The harvest moves through a feast-or-famine cycle that peaks— with lowest retail prices—about every eight years. The 1976-77 seaso was the last peak, and a record one: Some 57.3 million pounds wer hauled ashore in Washington, Oregon, and California, compared wit only 8 million pounds just three years before.

(We're on the downslide again, but 1977-78 should still be a good yea prices are about 50 cents per pound above last year's low.)

While scientists have no firm notion of what causes this cycle, on two-decade pattern concerns them: In the bountiful waters of norther California off Eureka, each succeeding peak has been greater than th last, followed by an increasingly smaller low catch. Might the 1976-7 record be followed by a bottoming-out that can't be turned around?

And there is already a regional crisis: In central California, the catch ha gone steadily and alarmingly downhill since 1959.

A California Department of Fish and Game research team is no trying to solve the riddle by studying the life cycle of the crab off Sa Francisco and the forces—natural and manmade—that bear on it.

The Dungeness has a complex and vulnerable childhood, movin through six shell-shedding stages and a long adolescence before i reaches catchable size at about three years. During its larval stages, th crab drifts with the ocean currents, disappearing at one point befor reappearing to nest in the San Francisco Bay.

In mapping these travels, the scientists are sectioning off the ocean and measuring at different depths for temperature, salinity, nutrients and pollutants; historic weather patterns, natural disease, and fishing practices will also be worked into the equation.

While research supervisor Dr. Harold Orcutt says "We're not accusing anything or anybody yet," attention is currently focused on heavy metals and chlorinated effluents in San Francisco Bay. Specialists will study the makeup and source of these pollutants and test them in increasing levels for toxic effect on laboratory-bred crab.

This will be a long and complicated detective story, but the results may help maintain a predictable catch all along the northern Pacific coast.

Meanwhile, we can enjoy the fairly good catch and prices of the current season—in its prime this month. One way to savor them is with a hearty fish soup called cioppino; we show three versions on page 84.

RICHARD A. DUNING

WINDOW ON THE WEST: *Eureka catch*

Fresh catch is hoisted ashore in Eureka, center of California's crab-fishing industry. At night, crabs crawl into baited crab "pots"—mesh traps with one-way entry gates—strung along the ocean floor. In the morning, fishermen return to marker buoys to pull up the gear and throw back females and undersized males. Fishing is prohibited altogether during the late-summer and autumn shell-shedding season. In 1976-77, a record 25.6 million pounds of crab were landed at Eureka and nearby Crescent City and Fort Bragg.

April 1978

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The Magazine of Western Living

zalea-Rhododendron Gardens to Visit San Francisco to Vancouver p. 124

Which Potato is Which? p. 126

Sportfishing Boat Trips p. 130

Weekend Places p. 116

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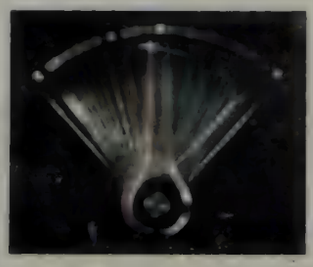

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Central Edition Feature articles for April 1978

New ways to walk the 1906 earthquake 66
April wildflowers by the mile—near L.A. 110
So-pa-*pee*-yahs from New Mexico 114
Award-winning weekend places. They are geometric 116
Rhododendrons in bloom—Bay Area and north 124
Which potato is which? Food for thought 126
Sportfishing in 1978—up and down the coast 130
Old-country sweet peppers. Grow, then cook 136
Carpeting ground covers 294

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Travel

April travel in and beyond the West 3
Luau beginning—get up early 28
It's time for the fishiest reservoir . . 43
Hong Kong half-day adventure . . 46
To see the birds in the Farallones . . 48
Bike cruising in Switzerland 50
Oldest community in East Bay . . 56
Guide to our ghost towns 58
Banding birds at Point Reyes 61
Noshing in Los Angeles 62
Monterey history—in concrete . . . 65
It's earthquake month 66
Canoe to the Marin Islands 68
A cool day in Guadalajara 72
Architectural discovery in Tokyo 74
Automatic music—in Irvine 82
8-day film festival in Century City 84
Before you go through Customs . . 86
Taking art to the children 88
Digging into the National Archives 90
Quail, coyotes—two new books . . 96
East from San Diego—I-94 98
Wilderness canoeing in Quetico . . 105
Walking in wildflowers 110
Sportfishing in 1978 130

Building and Remodeling

Award-winning weekend places . . . 116
Serendipity—little space . . 152
Redwood deck—a desert view . . . 156
Dining in the kitchen 160
Spice rack puts pots in reach 162
Cabinet case seems to "float" . . 164
Folding wall opens dining area 170
Hiding radiator pipes 174
Storage boxes support couch . . . 176
Flooring: it's a "hybrid" 180
Grout look on tile 186
Inclusive dishwashers 190
Special pulls are hardwood dowels 192
Keyhole divides bed and dressing 199
*The Changing Western Home** . . 200
Tall bookshelf divides the room . . 204

Letter from Sunset:

50 years of park innovation 336

Workshop and Craft Projects

Hand tools as stable table tools . . 172
Stepstool is also a carryall 178
No lamp cord in sight 196
Other ways to open drawers 202

Landscaping and Outdoor Building

Bench and planters—with 4 by 4's 158
On Maui, pavilions make shade . . 288
Living space on the streetside 292
Neat ways to handle water runoff 321

Food and Entertaining

New Mexico sopaipillas 114
Potatoes—food for thought 126
Old-country sweet peppers 136
*Sunset's Kitchen Cabinet** 206
Young bakers make snack breads 208
Syrup transforms sopaipillas 213
French friends honor potatoes 214
A Mongolian grill with guests 216
A pie that makes picnics 218
Cabbage stuffed with lamb 220
*Chefs of the West** 224
A serious try at the "perfect loaf" 232
Compact French loaves—aged . . . 234
Sukiyaki—a simple way 242
Heart of these hearty salads is meat 244
Apple-walnut candy squares 246
April menus 248
New cookbook for couples, singles 254
Brunches you make yesterday . . . 256
Pastry logs with tasty insides 258
Saucy cheese for tortilla scooping 262
Anna, damn—banana and dates . . 265
Making your own Italian sausage 266

Home Management

Bike security at home 166
All you see is the spout 184
Put one menu on the table 188
Special washing for wine glasses . . 210

Gardening

Whimsy and know-how get together in the garden 122
Rhododendron extravaganza 124
Old-country sweet peppers 136
April in your garden 268
Mountain garden guide 272
Your own back scrubbers—luffas 278
Good looking, tough—any nandina 282
Good cook's need—fresh basil . . 286
If fireblight hits—what to do? 290
Carpeting ground covers 294
April, May rhododendron shows . . 300
Gopher strategy: know your enemy 302
Better way to bandage pruning? . . . 309
The great show month—roses to iris to bonsai, also many exhibits, sales 310
Utah garden of many parts 312
Beautiful rhododendrons? 314
Streptocarpus—worth looking for 318
This friendly beetle 324

The Cover Story

Three kinds of deciduous azaleas display their spring colors in Hendricks Park in Eugene, Oregon. This is one of the large public rhododendron gardens at peak bloom between mid-April and mid-June. Our article starting on page 124 is a guide to all of them. Cover photograph by Don Normark

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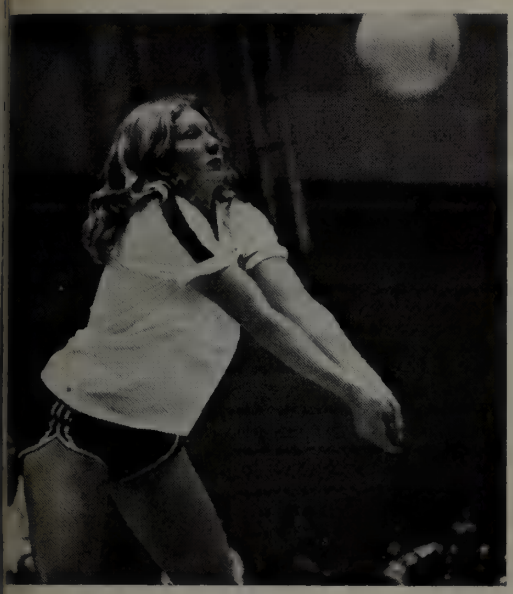
April travel in and beyond the West



he's bumping *the ball to the ·tter. Rules do not allow ceiving the serve open-handed*

ourtside seating *is usually available, but ese spectators brought their own chairs*

Spike and block *up above the 8-foot-high net (7 feet 4 inches for women). Jumping skills and good timing are a must*

PETER O. WHITELEY

he best in amateur volleyball—on show this month

pril is the big month for volleyball in e West. At several sites in northern alifornia, as well as Utah and Colo-do, the top men's and women's teams ill gather for the United States Volley-ll Association (USVBA) Regional hampionships and two invitationals. nd the price is right: Admission is sually free.

he player of casual backyard volleyball ill be surprised by the indoor game. here's no haphazard slapping at the ll here; it's a game of complex offen-ve and defensive plays executed with a crisp, stacatto rhythm—sharply hit overhand serves, delicate bumps off the forearms, deceptive sets, blindingly fast spikes, and skidding lunges to "dig" the ball before it hits the floor.

Regional tournaments will have from two to four games going at once during most of the day. For all the intense competition on the court, the atmosphere is very low-key. You can wander from game to game, watch warmup drills, or enjoy a picnic lunch in the stands. Crowds are never too big and players are happy to tell interested spectators more about the game.

Briefly this is the strategy of a game:

Each team has six players, usually four hitters and two setters. The busiest players are the setters—the best ball handlers—who try to place the ball in the air for the hitters to spike it down over the net. In more sophisticated offenses, a setter gives hand signals behind his back to his teammates: One finger means a quick set put just inches over the net to a hitter already in the air; two fingers for a 2 to 3-foot-high set to the middle; three for a high outside set; four for

At the source, *she reaps a heavy load of russet Burbanks, grown mostly in Idaho*

Our potato editor goes to Idaho

Idaho's famous potato production—over 25 percent of the nation's crop—made it the logical place for staff editor Mary Jane Swanson to start her research on this often-misunderstood tuber.

Touring fields, storage facilities, and processing plants, she learned why warm days and cool nights make the scenic Snake River Valley that state's premier potato-growing region. She followed up with a trip to California's claim to potato fame—Kern County, where most thin-skinned varieties are grown.

Then it was back to our Menlo Park, California, test kitchens to find the best ways to cook and serve all kinds of potatoes. Her results are on page 126. And for French variations on this theme, gleaned from a French staff member, see page 214. □

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low-trajectory set to the outside.

Team movement is paramount. On d fense two front-row players will try block the ball, while their teamma scurry to cover undefended areas. Wh someone digs the ball, you'll see th front-row teammates drop away fr the net, while the setter runs up fr the back row to set for the next h Often one or two players jump early fake a quick spike.

Here's where to see the action:

Northern California, April 15: Northern California Men and Women AA Regional (AA is the highest level of USVBA play) will be held at the new $8.6 million UC Davis recreation hall. The all-day tournament starts about 10. (Regional winners and runners-up will go to the Nationals, May 16-20, in El Paso, Texas.)

April 22: first Junior Far West Tournamen starts at 10 in the St. Mary's College gymnasium, Moraga. Boys' and girls' competition (19 and under) with teams from Oregon and California.

April 29: Open Far West Tournament for Men and Women. Preliminaries and final to be held at Cal State Hayward. Preliminaries run from 10 A.M. to 5 P.M. Finals start at 7 P.M. This tournament has the best AA and college teams from Oregon, Utah, northern and Southern California.

Utah, April 8: Men and Women AA Regionals. Women's tournament at the Sa Lake City YMCA, 737 E. 200 S., starting at 10. Also at 10, men's tournament in Smith Field House, Brigham Young University, Provo.

Colorado, April 20-23: Men and Women A Regionals at Regis College, 3539 W. 50th Ave. Parkway, Denver. Play starts at 6:30 P.M. April 20 and 21, 8:30 A.M. April 22 and 23 (continuing all day). There will be a small admission charge.

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Where the courts are: a guide to tennis in Santa Clara County

For tennis players in northern Califo nia's Santa Clara County there's ne

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court-finding help: a 23 by 29-inch folding map listing over 100 courts, all public and outdoors, from Palo Alto to Los Gatos and southern San Jose.

The large-scale map (1 inch to 1 mile) is easy to read and its key defines facilities at each location: number of courts, night lighting, water, and restrooms. You can buy the map at many local sporting goods stores or by sending $2 to Tennis Court Map, 59 S. Eighth St., Number 3, San Jose 95112.

Wildflowers by nature or man—yours to enjoy on a bike tour

Spring brings a fairly dependable show of wildflowers to the hills above Gilroy, California, 30 miles south of downtown San Jose. Some roadside slopes are sown with wildflower seeds by the county road department, other areas bloom naturally with poppy and lupine. On an easy 11-mile loop ride you can also stop at two parks and a small college campus.

Begin at Gavilan Junior College at 5055 Santa Teresa Boulevard (to get there from U.S. Highway 101, turn west on Castro Valley Road, then north on Santa Teresa). At the college take a moment to admire the restored 1893 San Felipe Church. Then bicycle away from the campus on Miller Avenue, heading north, climbing slowly past colorful hills.

In about 3 miles you reach 36-acre Christmas Hill Park; Uvas Creek courses through the park and there are 4 mil of hiking trails plus picnic tables. Co tinue on Miller, gradually descendin about 2 miles to Las Animas Park, small greensward in town. Then ride ea along Arnold Drive and turn south o Hanna Street for about 2 miles to se some of the older homes of Gilroy.

Turn west on Sixth Street to rejoin Mille Avenue back to the college.

Springtime biking *on a country road near Gilroy—quiet, scenic, unhurried*

For travel planners, an April check list

University housing. Over 230 colleges in 21 countries rent residence rooms to travelers during school holidays. The 42-page booklet *Travel Guide to College and University Housing* can help you locate these reasonably priced lodgings in this country and abroad. Rates, housing availability, food service, and transportation information are given for each listing. For a copy of the booklet, send $3 to Teachers' Travel Service, Box 7006, Berkeley 94707.

Cattle ranch visit. A seven-day outing to a working cattle ranch in Wyoming allows you to work with the ranch hands and enjoy many outdoor activities. You can fish, ride, join raft float or white-water trips, and take a two-day pack trip into the mountains. You'll sleep in log cabins and eat with the ranch family. The cost for a week's stay is $350. For details on this outing, or a covered wagon trek in Kansas, or an Indian country visit in the southwest by air, raft, and off-road vehicle, write to Special InteresTours, Box 37, Medina, Wash. 98039.

Educational cruises. You can join cruises that offer a university-level lecture series relating to the itinerary, with academic credit available. A Caribbean cruise departs Baltimore, Maryland, June 20 and arrives in Los Angeles July 17; it is priced from $1,295. A 14-day Alaskan cruise departs Victoria, British Columbia, July 23 and costs from $795. The cruise ship, *SS Universe*, also goes around the world during the academic year as a university-at-sea for students. The 3½-month semesters cost from $4,750. For details on these programs, write to Lifelong Learning, Box 2428, Laguna Hills, Calif. 92653.

Stained glass in Europe. June 29, July 27, and September 7 are the departure dates for 22-day European tours designed for admirers of stained glass windows. Each tour is accompanied by an artist who will lecture and explain the various works. Included are visits to Paris and Bourges in France; Lucerne in Switzerland; Munich, Rothenburg, Cologne, and Bremen in West Germany; and London and the Cotswolds in England. The cost is $1,875, air fare and some meals included. For details, write to Granada Tours, 16800 Devonshire St., Granada Hills, Calif. 91344. ☐

What a travel agent can do for you: Provide information on tours; reserve space on air, rail, bus, and steamship lines; make hotel, ranch, and resort reservations; take care of trip planning, including side trips and special events. Travel agencies do not charge for arranging transportation or package tours, but do charge for "custom" tour service.

Sunset School & Camp Directory

Camps

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JOIN 40 funloving CO-ED youths (ages 9-11 & 12-18) and 12 mature, committed youth leaders in a program emphasizing personal development of useful social, emotional & physical skills. **SHARE** the responsibilities of ranch living with the usual array of "in-camp" skill-building activities. **ENJOY** the opportunity each Monday brings to be involved in a week-long adventure in one of these "out-of-camp" wilderness programs:
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A Directory listing 60 resident, day and travel camps with more than 1000 seasons of combined experience. Camp programs feature a wide variety of activities with fun, adventure, creativity & challenge. **FREE DIRECTORY—WRITE/PHONE** WAIC, INC., Dept. of Rec/CA St. U., 1250 Bellflower Blvd., Rm. 216, Long Beach, CA 90840. (213) 498-2654 — (408) 996-2129.

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Camps

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Camps

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ACA appr

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Sunset School & Camp Directory

Camps

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2 week sessions or longer

Emphasis on **Western Riding** (daily), **Waterskiing** (our own private beach), **Tennis, Jr. Rodeo Events,** roundups, hayrides, sailing, swimming, canoeing, fishing, overnight campouts, campfires, riflery, crafts, field trips, sports and more. Mature staff. Free brochure. **Write or Phone**

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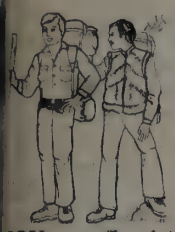

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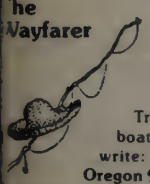

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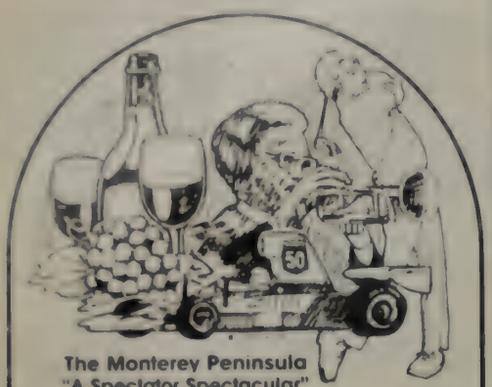

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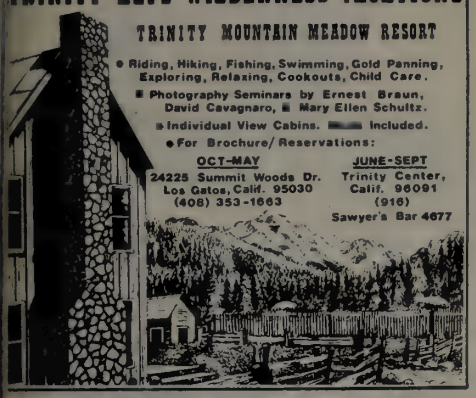

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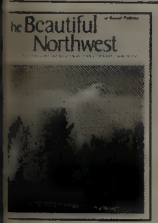

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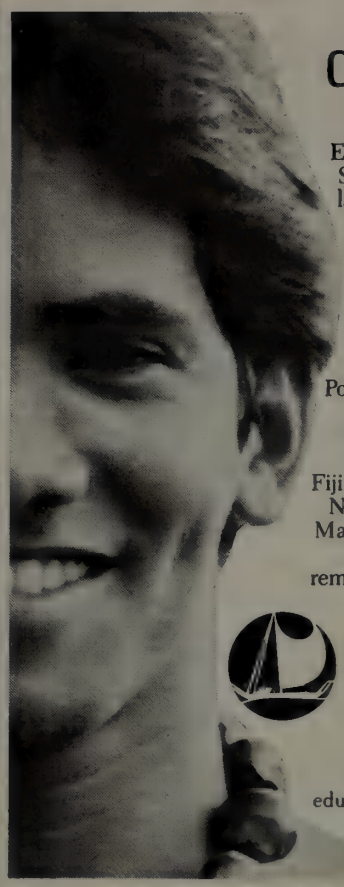

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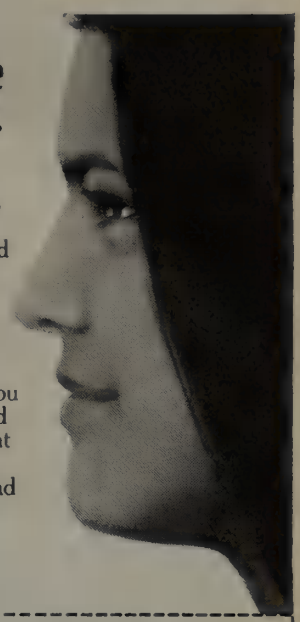

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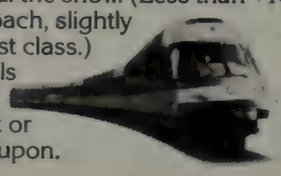

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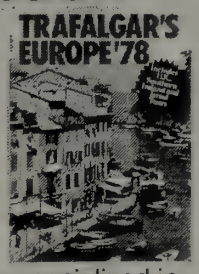

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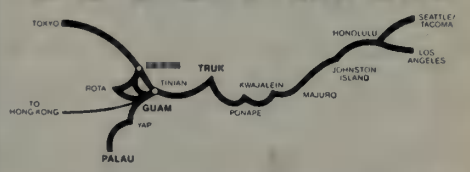

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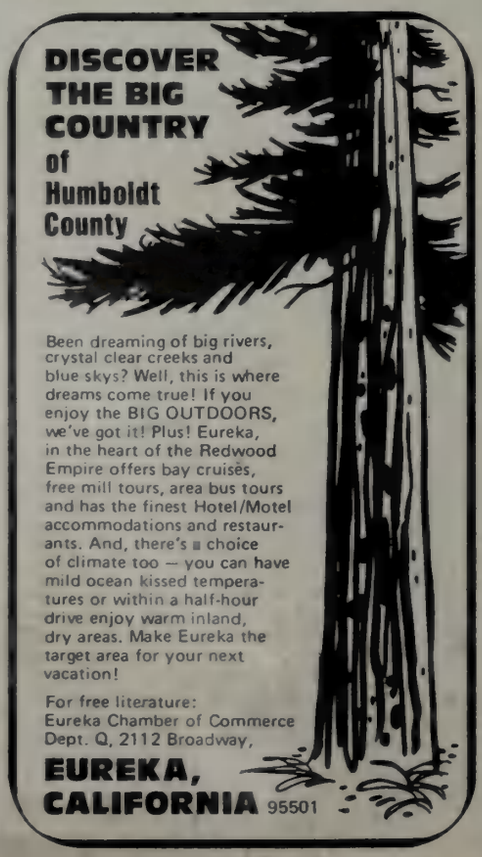

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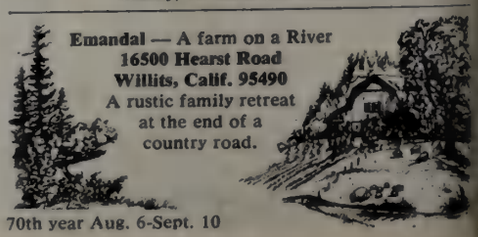

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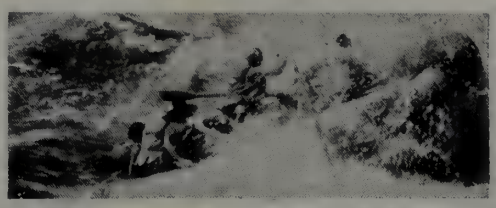

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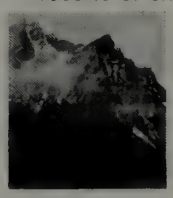

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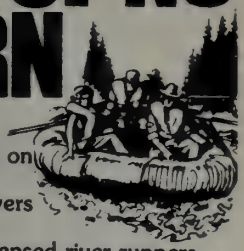

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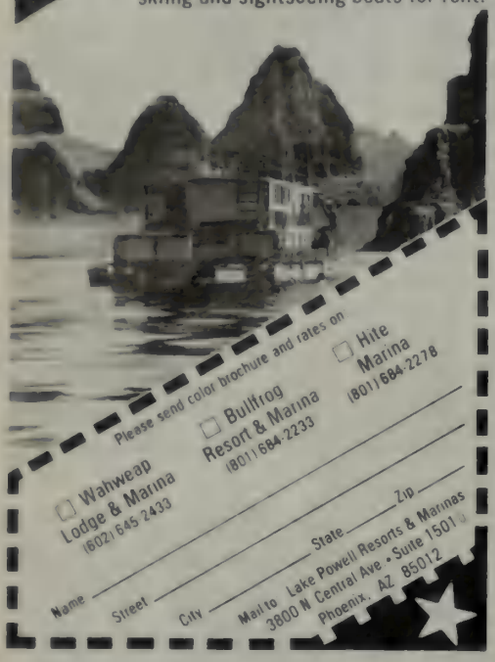

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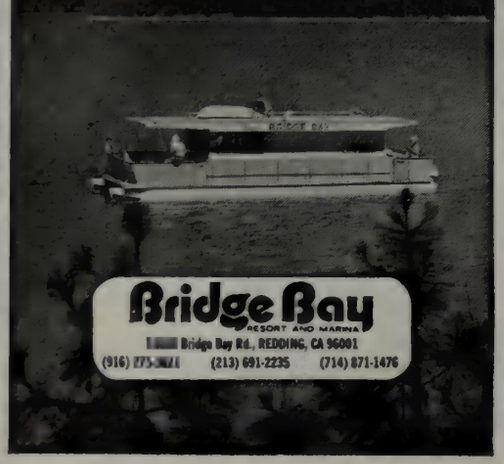

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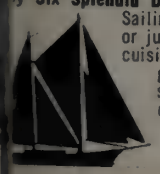

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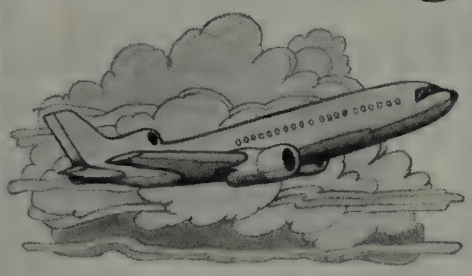

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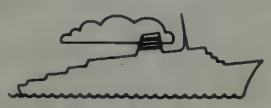

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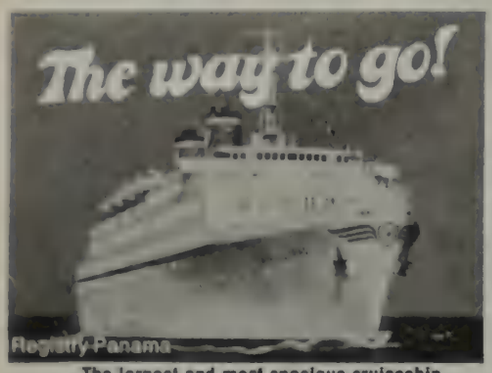

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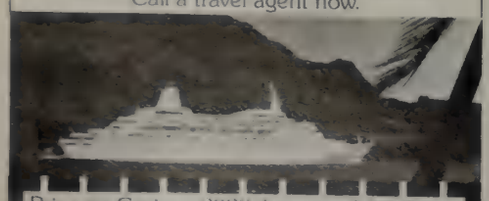

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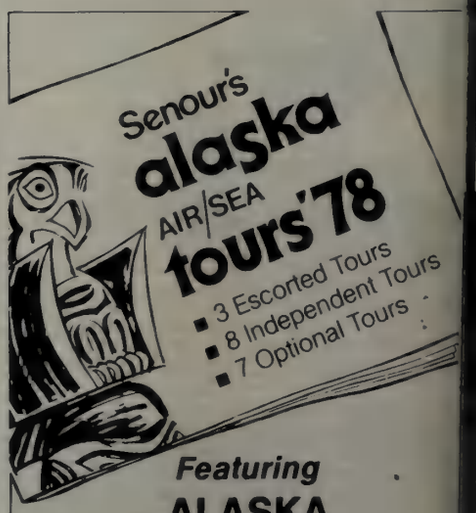

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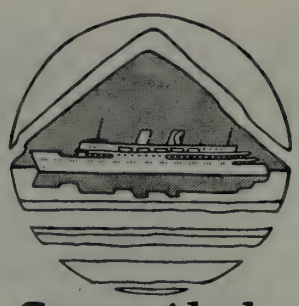

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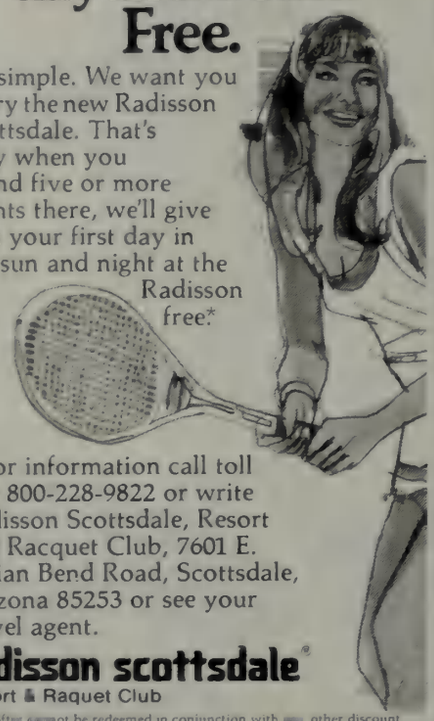

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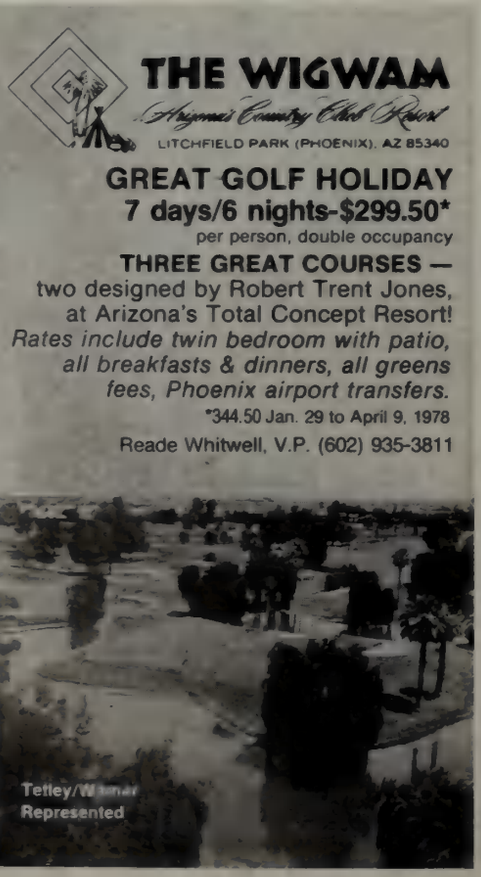

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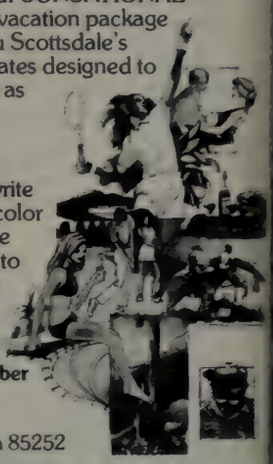

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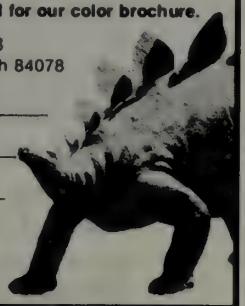

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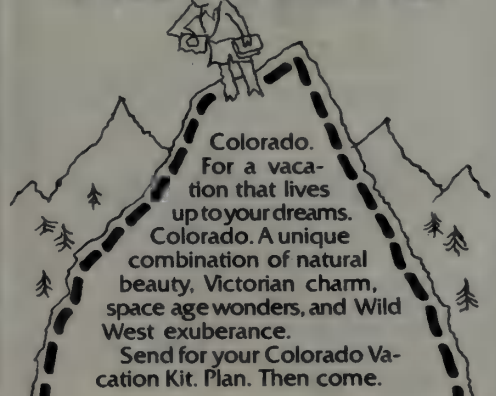

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Mountain States

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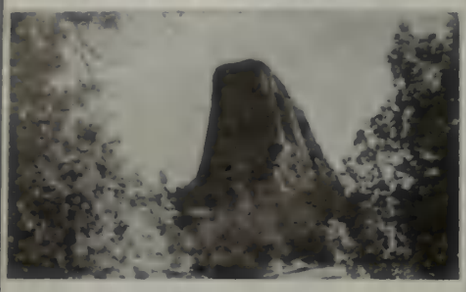

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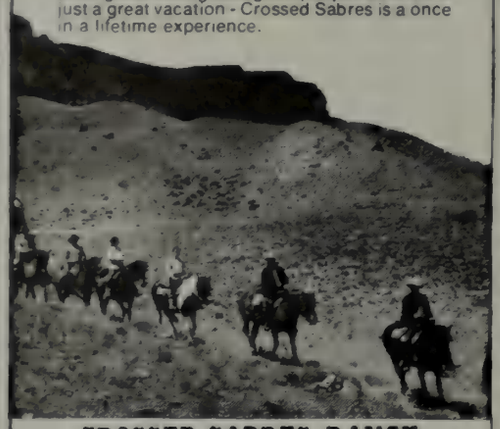

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TRAVEL DIRECTORY IS CONTINUED ON PAGE 33

W. D. A. STEPH

Jimmy Akiona *and his helpers at Kona's Keauhou Beach Hotel prepare luau pig for roasting. Ti leaf package contains innards. Note visitor bleachers at rear*

Stuffed *with steaming hot rocks, trussed pig is ready to be lowered into the imu, or underground oven*

Luau beginning ... get up early

The succulent pieces of pork that eat with your fingers at a luau in Ha do not bear much resemblance to the placed in a pit 6 to 8 hours before. some diners, that's just as well. But other island visitors who want to how it's done, perhaps for a future b yard luau, ringside seats are o available.

On the morning of a luau, a numbe hotels, especially on the outer isla invite the public free of charge to *imu* (the pit where the pig is cook You're welcome even if you don't to attend the luau, for which there charge. Here you see how one hote the Kona Coast does it.

By the time you arrive, the pig, weig

(Continued on pag

W. D. A. STEPHENS

t is covered with layers of ti d banana leaves. Wet rlap cloths go on next

irt shoveled on top of burlap-covered pig als in moisture for greater succulence. hen it's just a matter of time

tween 120 and 200 pounds, will be essed and placed on a piece of wire tting. You can watch the rest of the eparations from bleachers or standing ound the *imu*.

awaiians fill the pig's stomach cavity th rocks that have been heated in a e for 3 hours to 900° to 1,000°; lava river rocks are the best. The only voring used is salt.

hen the rocks start to steam, the men ld the wire netting into a basket ound the pig and truss the feet (see wer photograph on page 28). Then ey lower the pig into the pit and cover first with layers of shredded banana mps (which contain oil and act as ease), then wet ti and banana leaves bbage leaves and corn-stalks may also used), and burlap cloths (torn bur- sacks will do) soaked in water to ep the pig clean. Finally enough dirt prevent any steam from escaping is oveled on.

find out where you can see an *imu* emony, inquire at any large hotel. e local visitors bureau will also have ormation. □

The Sunset Travel Directory

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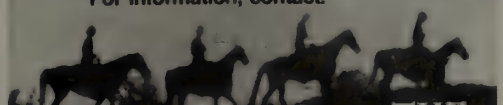

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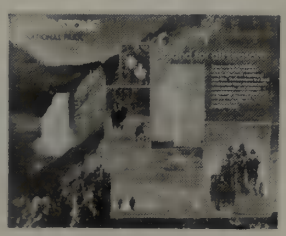

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TRAVEL DIRECTORY IS CONTINUED FROM PAGE 28

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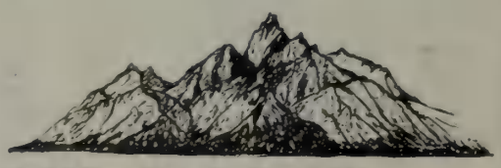

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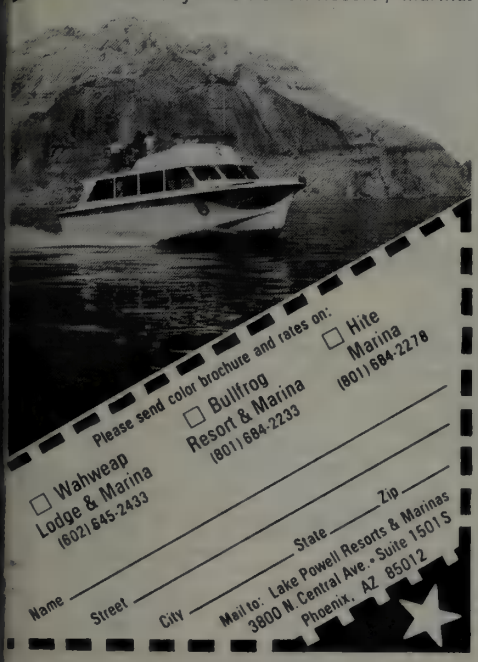

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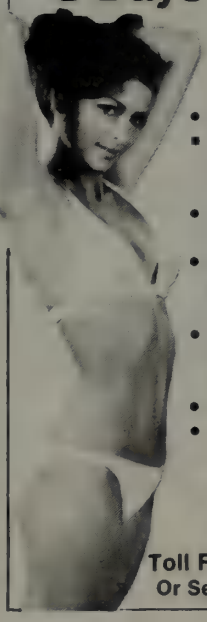

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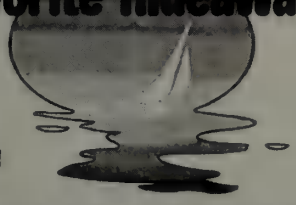

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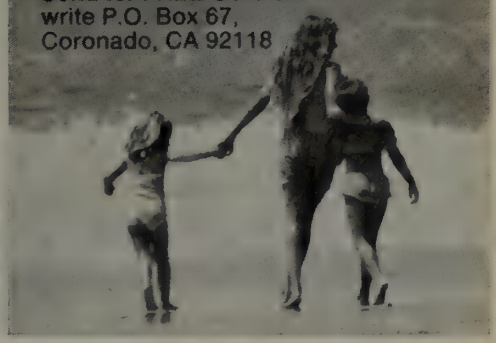

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Southern California Area

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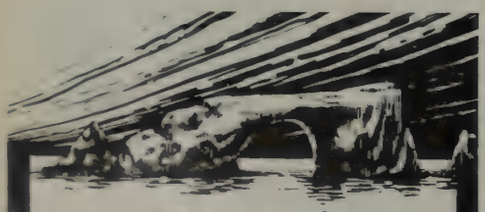

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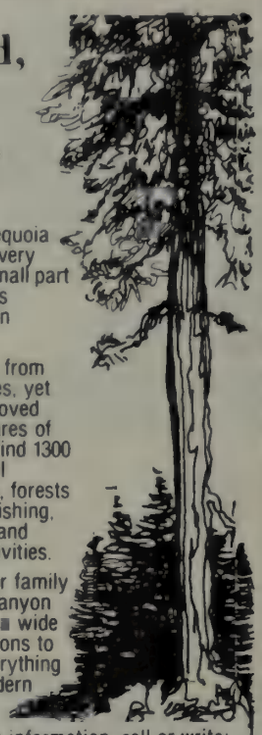

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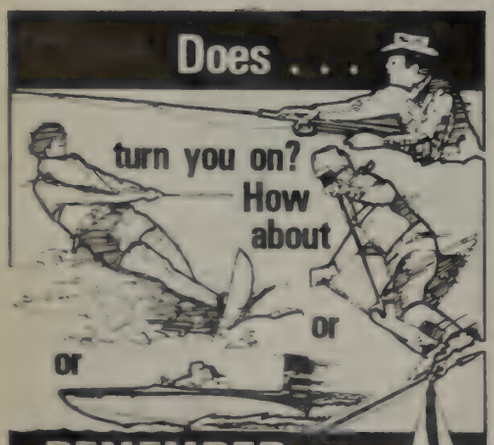

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unging *centerboard into a day sailer, ungster gets dockside coaching*

Launching ramp *is kept busy with sailors eager to test their boats against often gusty San Pablo Reservoir breezes*

STEVE W. MARLEY

Now's the time for the fishiest reservoir in northern California. It empties soon

ou must hurry to enjoy San Pablo Res-voir's superb fishing and boating fa-ities; EBMUD (East Bay Municipal tility District) plans to start draining around May 1 in order to strengthen e dam against possible earthquake mage. The reservoir will be open into e fall, but water levels won't be back normal until February 1981.

ocated in the rolling hills across the y from San Francisco (see map at ght), San Pablo Reservoir plants more h than any other reservoir in northern alifornia. Full stocking ended April 1 it partial stocking will continue rough August. You can troll for rain-ow trout ranging up to 10 pounds, hite and channel catfish, bluegill, large-outh and smallmouth bass, crappie, d-ear sunfish, and carp.

he daily fishing fee of $1 per person as been waived as of April 1. State fish-g licenses ($10), tackle, and bait are sold at the activities center building (see map) and a fish-cleaning table is nearby.

A separate launching ramp and dock area for private nonmotorized boats can be reached through a toll gate 3½ miles south of the main gate. Daily launching fee for your own sailboat, canoe, kayak, or skiff is $2. (You can bring only an electric motor.)

Over 100 rowboats are available for rent at the activities center building for $2 an hour, $5 for 3 to 5 hours, and $8 for

San Pablo Reservoir *stretches 5 miles long, about ¼ mile wide*

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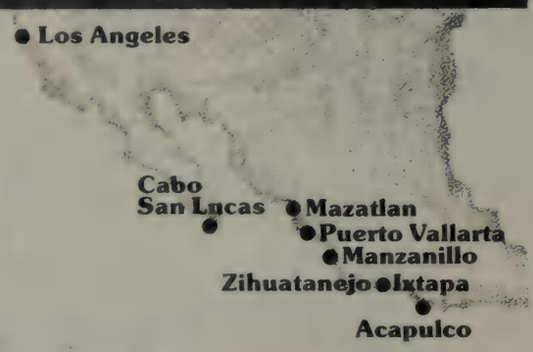

SEE 5 FASCINATING PORTS. The highlight of your cruise is Acapulco. But your Princess ship will also take you to picturesque Puerto Vallarta. Mazatlan with its extravagant expanse of bone-white beaches. Remote Cabo San Lucas on the tip of Baja. And unspoiled Ixtapa/Zihuatanejo or intriguing Manzanillo.

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the whole day. Rates double when a 6 h outboard motor is added.

Summer sailing lessons sponsored b Briones Sailing Club in cooperation wit EBMUD will be offered this June an July. Classes are limited to 10 (minimu age 13), and everyone is supplied wit a Laser class boat. For more informa

STEVE W. MARL

They're about to embark *in a rented boat—to fish or just enjoy the scenery*

tion, write to Steve Brooks at 564 Mau reen Lane, Pleasant Hill, Calif. 9452 or telephone (415) 689-1242.

Picnicking and hiking too. Surroundin San Pablo Reservoir are over 100 picni sites with tables, barbecues, and wate There's also a snack bar open sprin weekends and all summer. Beer is sol and you can bring your own wine. Pe on leashes are permitted—even in boat

Old San Pablo Trail skirts the reservoir 5-mile western shoreline and other trai link the area with Tilden and Brione Regional Parks. For a free map of are trails, write to EBMUD, 2130 Adelin St., Oakland 94623, or call (415) 83 3000, ext. 215 or 216.

A waterfowl refuge near the launchin area attracts such birds as the pied-bille grebe, Canada and white-fronted geese common egret, and great blue heron bring your binoculars.

Daily parking fees at the reservoir ar $1 (you'll need a dollar bill for the auto matic gate). Hours are sunup to sundow every day.

Getting there. Take the Orinda exit fro State Highway 24 and turn left onto Ca mino Pablo, or take the San Pablo Dam Road exit from State Highway 80 in Sa Pablo. Or drive right through Tilde Park from Berkeley down winding Wild cat Canyon Road (see map).

While you're in the area, you might wan to check out two other EBMUD reser voirs nearby that also offer first-rat boating and fishing: Lafayette Reservoi between Orinda and Lafayette and Lak Chabot in the San Leandro hills. Bot are well stocked with fish and a variet of boats for rent.

TOUGH CHEVY SUBURBAN

CAN SEAT, HOLD, TOW, DO MORE THAN ORDINARY WAGONS.

ompare Chevy uburban to an ordinary 8 wagon and you'll find at, properly equipped, can hold more people, ow more cargo, tow ore trailer.* And as if this eren't enough, beneath uburban's spacious and omfortable interior there rks a truck. With a tough uck suspension and enty of other tough truck features like a rugged ladder-type frame and available 4-wheel drive. So, not only is Suburban an exceptional wagon, it's a tough Chevy truck.

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That's with available second and third seats and yet Suburban still has room for nearly 35 cu. ft. of cargo.

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Suburbans are equipped with GM-built engines produced by various divisions. See your dealer for details.

*7,000-lb. capacity weight-distributing hitch platform available through Chevrolet. Larger capacity platforms available from outside sources.

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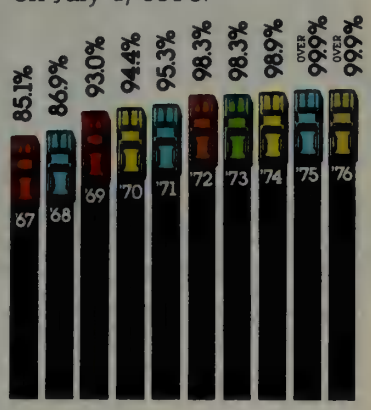
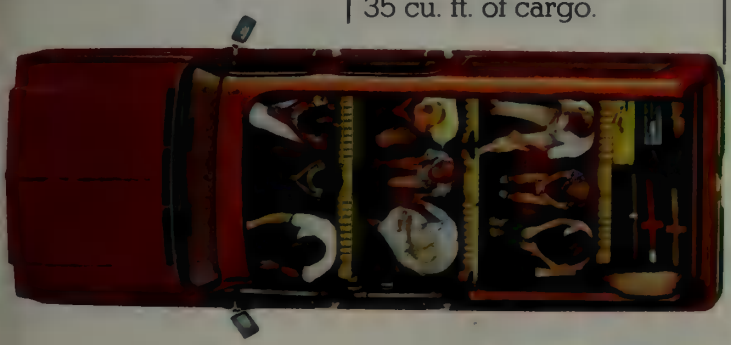
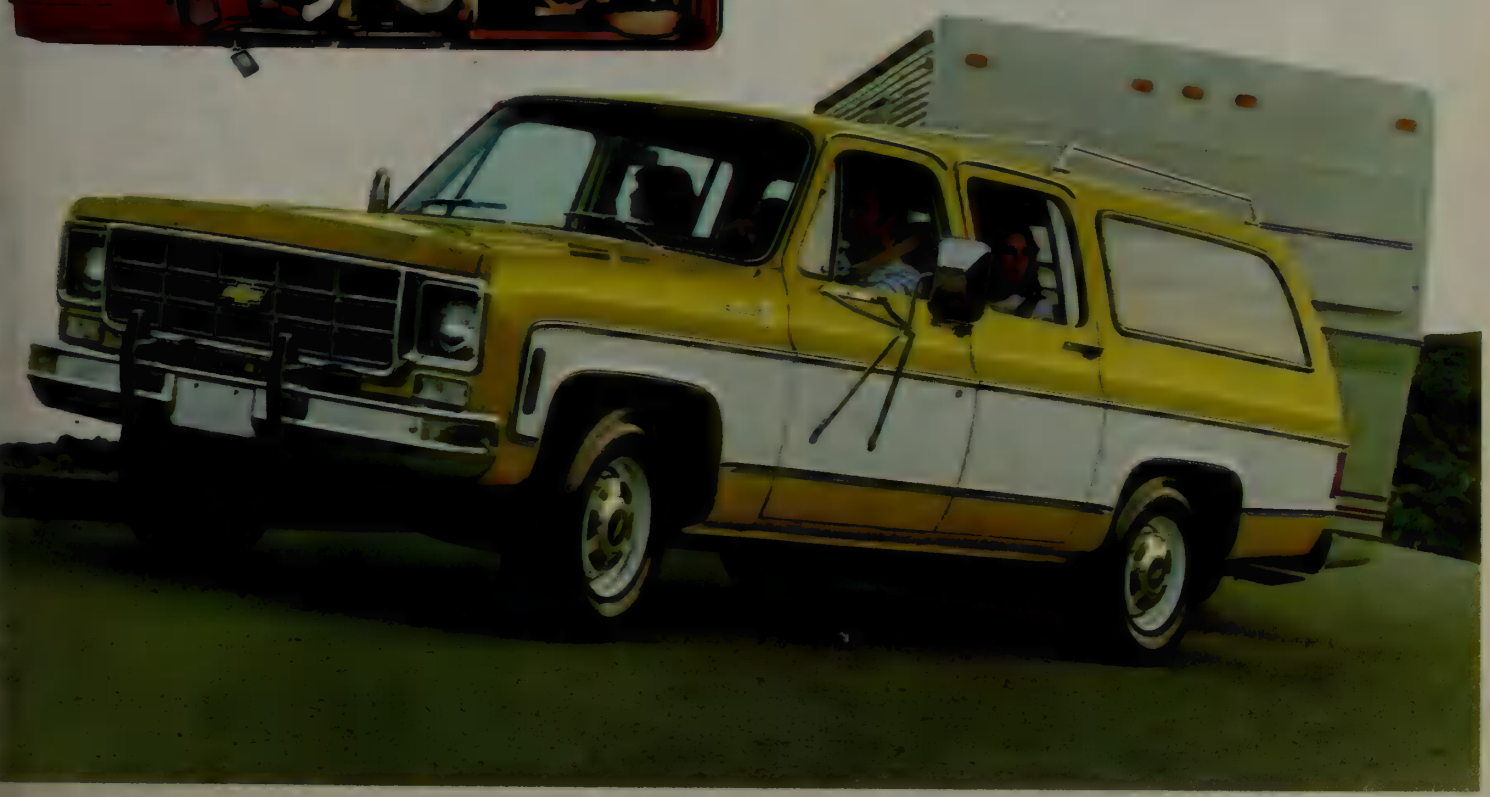
As the chart below shows, Chevy trucks are built to last. According to the latest available industry model year registration statistics, 95.7% of all Chevy trucks, all the way back through the 1967 models, were still in use on July 1, 1976.



R. L. Polk & Co., July 1, 1976. 1977 statistics not available





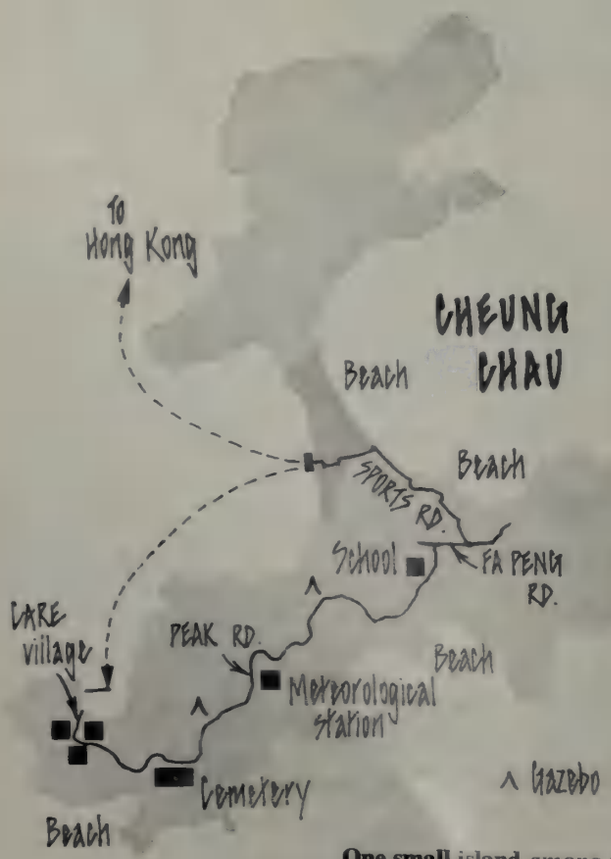
Hong Kong skyline *recedes as passengers on sundeck of Cheung Chau Island ferry start their half-day excursions*

Cart *full of soft drinks is rolled down main shopping street of the autoless island*

Grave sites *here are much sough by people in Hong Kong. Priest decide direction the markers fac*

Children *from CARE village (where boat dwellers are being helped to resettle) get ready for a quick portrait*

Half-day adventure out of Hong Kon ... to autoless Cheung Chau



One small island *among many, Cheung Chau lies about 12 miles southwest of Hong Kong*

You're obviously not aboard the *S.S. Catalina* chugging o to Avalon, but there's the same excursion feeling as you pu out of Hong Kong on the way to Cheung Chau Islan Children lurch along the gangways exploring the ship fro stem to stern. Their elders, with legs splayed, balance on th open deck breathing in the salt air's tang. Clearly, the voyag is as much a part of the holiday as the visit to this autoles island.

In an hour you arrive in Cheung Chau harbor, which i jammed with sampans and junks aflutter with laundry an redolent with cooking smells. The name Cheung Chau tran lates to "Long Island," but the square mile of terrain mo nearly resembles a dumbbell.

Straddling the narrow isthmus is the town. On the 2-mil walk shown on the map, you'll pass through the open-ai town market where you can purchase supplies for a mode picnic, and emerge on the other side of the isthmus at swimming beach. From there, the route winds up to th spine across the south end of the island; on the way you ca stop at two shaded gazebos or continue farther to hillsid views of cliffs and ocean for your picnic. The walk the leads down to a breakwater and the small boats that carr you back to town to pick up the ferry for Hong Kong.

Allow half a day for the Cheung Chau trip—or a bit longe to take in a swim at the beaches (water temperatures thi month should be around 72°) or a meal at any of the island half a dozen restaurants.

Ferries depart for Cheung Chau from the H.K. and Yauma Outlying Districts Pier, 17 times a day between 6:25 A.M. an 11:30 P.M. Fares range from 40 cents to $1 each way.

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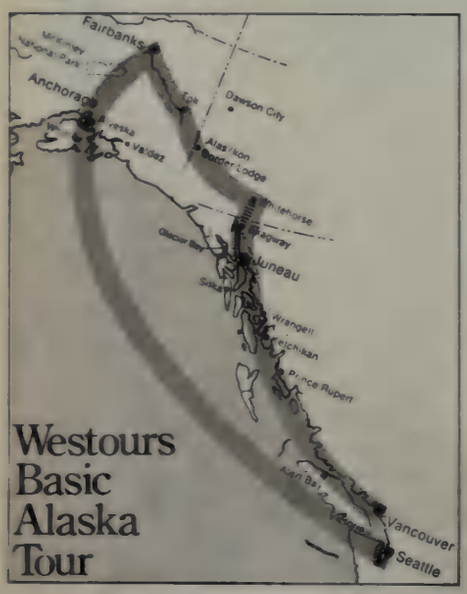

"The one Alaska trip to take– if you take only one."

—Jim Whittaker for Westours

JIM WHITTAKER WAS THE FIRST AMERICAN ON MT. EVEREST. He is the leader of the 1978 American Expedition of K2, the world's second highest mountain. Last summer, he and his wife, photographer Dianne Roberts, toured Alaska and cruised the Inside Passage with Westours, Alaska's most experienced guide.

I climbed Mt. McKinley in 1960. But I've never seen Alaska from this angle before. Cruising the Inside Passage and touring Alaska with Westours have got to be two of the greatest adventures left in the world today.

To us, Glacier Bay was undoubtedly the highlight of our classic, 1,000-mile cruise through the Inside Passage aboard the Monarch Star.

There were harbor seals, humpback whales, gulls and goats on the cliffs above. Bald eagles soared for us—hundreds of feet above the sea. And a killer whale leaped completely out of the water.

Near Juneau, we hiked around the Mendenhall Glacier with some folks who had never seen snow before and enjoyed a cool one in the Red Dog Saloon.

Two things we wished we had done, but just ran out of time: Traced the Gold Rush Trail of '98 aboard the narrow-gauge White Pass and Yukon Railroad to Whitehorse; and visited the Arctic Eskimo land.

We visited Anchorage, the Mata nuska Valley and Portage Glacier.

I'm convinced now that if you have a limited time to see Alaska, a tour like this one is the way to go. You hit the high spots with absolutely no waste of time.

Whether you're traveling Alaska or climbing Mt. Everest, my advice is to go with the most experienced guide you can find. I went with Westours.

WESTOURS is the oldest and largest cruise and tour operator to the last frontier. If you'd like to take the trip Jim Whittaker took, or one of the many others from 7 to 26 days, see your travel agent. Or write for Westours' cruise-tour brochure: Westours, Dept. W-12, 100 West Harrison Plaza, Seattle, Washington 98119. **Westours**

RICHARD C. DAWSON

This is about *as close as you'll get to the bird colony and research center*

To see the birds in the Farallones

One of the largest marine bird colonie in North America sits just 23 miles wes of the Golden Gate, but the Farallo National Wildlife Preserve has lon been off limits to the public. Now yo can take a one-day boat trip to thi colony, though you do not dock at th islands.

The trips run each weekend day fror April 15 through June; sign up soon t reserve your preferred date. Cost is $2 per person—about the cost of an all-da chartered fishing trip.

It's a good idea to dress warmly (kee in mind you may get wet). Bring binoc ulars and a lunch (no food or drink served on board), and take preventiv measures if you tend to get seasick.

At 6:40 A.M., participants meet at Cap tain Ron's Sport Fishing Center, 30 Jefferson Street at Fisherman's Wharf i San Francisco.

At 7 A.M. you head off in a 65-foot fish ing boat for a long (3 hours), perhap wet, and often rough trip out to an around the largest of the four rock islands in the chain, Southeast Farallo Two naturalist guides will point out th abundant bird life—Cassin's auklet, th common murre, Brandt's cormorant– as well as the less common tufted puffi

Besides some 320 species of birds, yo may spot seals, sea lions, gray whale and dolphins.

Around 4 P.M. you will be back in por

The trips—organized by Nature Exp ditions International—will be cancelle only due to rough seas. If weather stormy on the morning of your trip, ca the sport fishing center at (415) 77 2800 after 4:30 A.M. to find out if you be going.

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**Survey conducted among owners of new cars bought in May, 1977.*

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He's boarding *a lake steamer at Lucern for a short cruise before debarkin to pedal back along quiet shore roa*

Bike cruising in Switzerland . . . eas

In Switzerland, the bicycle is ▪▪ much key to outdoor fun ▪▪ the hiking bo and ski. And its easy for visitors to jo in without bringing their own tw wheels along. Bike rentals—plentif and reasonably priced—let you get close look at both countryside ar town. No need to tackle mounta grades—you'll find some of the easie and most pleasant cycling along t curving shores of Switzerland's lakes Bicycles can be taken along on the litt steamers that ply the waters betwe lake ports, so a good way to construct day trip is to board a steamer at o town, cruise to another port, and deba for a leisurely ride back to your sta ing point. You can stop along the w

(Continued on page 5

TIMOTHY ORD

"My hair is gray, *but not with years . . ."*
Castle of Chillon, made famous by Lord Byron's verse, is one stop on ride to Villeneuve on Lake Geneva

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icking the right spots in Hawaii. There are four fine Surf Resorts n Hawaii. Pick any one and you'll be headed for the best of ne relaxed and beautiful Neighbor Islands. Prime seaside ocations, superb accommodations, excellent dining and ntertainment, a wealth of things to do and see, plus an nusually rewarding measure of good old Hawaiian ospitality. Surf Resorts, the one thing you need to know for ne perfect Hawaiian vacation. Kauai Surf at Kalapaki Beach, Kauai; Maui Surf on Kaanapali Beach, Maui; Kona Surf at Keauhou Bay, Kona; Naniloa Surf on Hilo Bay, Hawaii. See any travel agent or write.

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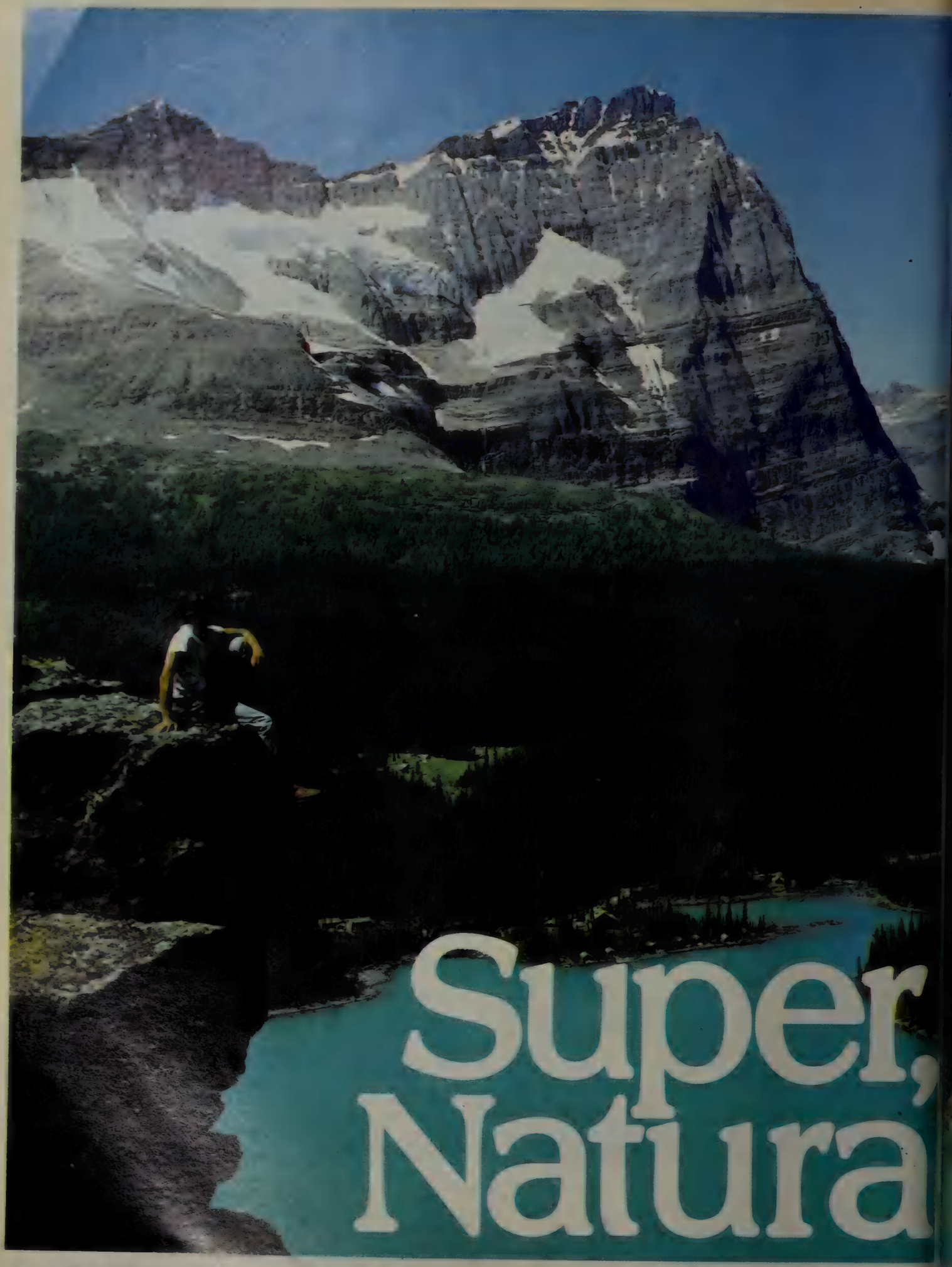

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As for details. If you thought watching the appearance of new green leaves makes spring exciting, then imagine being in the middle of millions (literally) of Ponderosa Pines, Giant Sequoias, firs and oaks.

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Yosemite Park ■ Curry Co., an MCA Company, is a concessioner authorized by the United States Department of the Interior National Park Services

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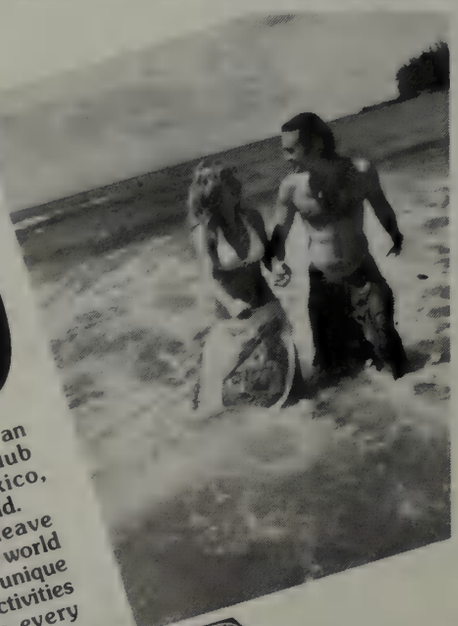

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TIMOTHY ORD

Waterside picnic *is an idyllic break on cycle tour of Lake Lucerne*

to sightsee at a castle, take refreshment under the umbrellas of a lakeside café, picnic or swim at a pebbly beach.

Three-speed bikes can be rented at the baggage office in any station of the Swiss Federal Railways (in smaller towns, it's wise to reserve them a day or two in advance, if possible). Steamer docks are nearly always just a short distance from the depot. Bikes rent for 4 francs (about $2) for up to 2 hours, 8 francs for 12 hours. It costs 3 francs to take your bike up to 100 kilometers (60 miles) on a steamer. If you're going to bike along a lake and return by steamer, be sure to take along a boat schedule.

Good steamer ports to use as bases for day trips are Lucerne on Lake Lucerne; Vevey, Montreux, or Villeneuve on Lake Geneva; Neuchâtel on Lake Neuchâtel; and Interlaken between Lake Thun and Lake Brienz.

You can get route suggestions in regional English-language biking guides available for under $1 each from any of the six Swiss Touring Club cycling centers (they also rent bikes). For addresses of these centers and other cycling information, write to the Swiss National Tourist Office, 661 Market St., San Francisco 94105; (415) 362-2260. □

Have you biked in Europe?

If you've been bicycling in Europe in recent years, on your own or with a group, we'd like to hear from you. Tell us about the best and worst features, the most enjoyable scenery. Did you rent or buy a bicycle there? How did you secure bike and belongings when you stopped at restaurants and sightseeing attractions? Write to Bicycle Editor, *Sunset Magazine*, Menlo Park, Calif. 94025. □

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Oldest community in East Bay (1797) is Mission San Jose. A rewarding detour

A good vintage *of sparkling wine will brighten a springtime picnic—perhaps on tables of tasting room patio*

DAVID STUBBS

Tall palms *line Ohlone College drive. One branch of the new, quite steep 3-mile public trail to Mission Peak starts here*

"Mission San Jose"—that has the ring of earliest days. And true to its sound, the mission marks the center of the oldest community in the East Bay. The settlement began with the founding of the mission church in 1797 and still retains a strong sense of identity as a crossroads of California history.

Just 15 miles north of downtown San Jose, the old district, now part of Fremont, is feeling the pressure of encroaching subdivisions and lives within earshot of Interstate 680. But the stretch of Mission Boulevard between the freeway exits is still surprisingly pastoral, with the steep spring-green slopes of 2,517-foot Mission Peak to the east and distant vistas across the south end of San Francisco Bay to San Jose and the Peninsula hills.

A short detour off the freeway (Mission Boulevard exit) opens your way to a half-day visit that can include a walk through the fascinating mission graveyard and a stop at the excellent museum (open daily 10 to 4:30) in the mission's old living quarters.

A program for the reconstruction of the original mission church (destroyed by an earthquake in 1868) continues, and archeological investigations are helping determine the extent of the original.

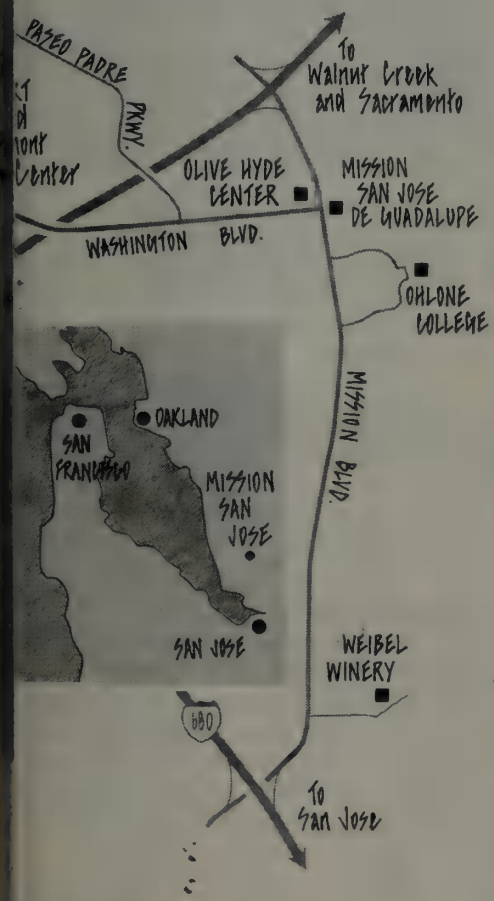
Other things to see and do:

—Walk through the steep but handsomely landscaped terraces of Ohlone Community College (start at the top and follow the splashing flow of fountains downhill to the campus entrance).

—Make a winery tour or tasting stop at Weibel Champagne Vineyards on the site of the old Leland Stanford winery (open for tours Monday through Friday 10 to noon and 1 to 3; tasting daily from 10 to 5).

—Browse through the mélange of shops opposite the mission museum and check out the attractive bookstore and other

Antique shop, *delicatessen, and a restored brick façade housing an architectural firm now front this business block of Mission Boulevard opposite the museum entry of Mission San Jose de Guadalupe*



mall shops in what used to be the old choolhouse (opposite Ohlone College).

-Stop by the Olive Hyde Community enter gallery. Starting April 12 and ontinuing through May 14, you'll see n exhibition of textile arts (Wednesday rough Sunday, 1 to 4).

-Visit The Cheese Taster delicatessen pen daily, opposite the mission mu-eum) to choose from its selection of nported cheeses to enhance a picnic nch, and then enjoy your meal behind e delicatessen, next to the winery sting room, or at one of the picnic bles along the south drive into Ohlone ollege. □

Parish priest *and noted historian, Rev. William N. Abeloe, tells of plans to move old St. Joseph's Church (1869)*

JERRY FREDRICK

Aperture setting *on old folding camera intrigues these amateur photographers at Gatehouse West antique shop*

Colorful butterfly, *wall hangings, and soft sculptures highlighted last year's textile exhibition at Olive Hyde Center*

We wouldn't trust our memories to any other camera.

Traveling is a great excuse for taking pictures—but you should take along a camera you don't have to make excuses for when you get home. One that will put you right back in the middle of the fun.

The Canon G-III 17 is just that kind of camera. It's a precision 35mm camera that can give you results equal to cameras costing considerably more. And it's easy to fit into your travel budget.

The G-III 17's excellence starts on the inside, where it counts. It has a sophisticated Canon f1.7 lens, that will give you sharp pictures in almost any light.

Its built-in coupled rangefinder will tell you exactly what's in focus, without guesswork. Its handy automatic exposure system lets you concentrate on your subject. And with the optional Canolite D, electronic flash is fully automatic and foolproof every time.

Yet with all this performance, the G-III 17 is amazingly small and lightweight, ready to thrust into a bag or over your shoulder at a moment's notice. But be careful. Instead of using travel as an excuse for photography, the G-III 17 might start you thinking about things the other way around!

Canon
G-III 17

Comprehensive guide to our ghost towns

Mute testimony to an age gone by, ghost towns continue to intrigue travelers throughout the West. To help you catch a glimpse of that age, a popular *Sunset* book has been revised and reissued in a soft-cover edition.

Ghost Towns of the West (Lane Publishing Co., Menlo Park, Calif. 94025; $6.95) goes on sale later this month. It is now a more complete guidebook to Western America's frontier towns.

All the information presented in the original 1971 hardcover edition was researched anew and rechecked with local authorities. The new arrangement puts more emphasis on exactly what the casual traveler or history buff can expect to see at the various sites.

People's appreciation of ghost towns has increased. The 224-page pictorial chronicles this development in the ghost town saga. It describes successful efforts to restore some towns and tells tales of others that have been left to crumble into ruins.

Expanded coverage includes 100 additional ghost town sites in Montana, western Canada, the Yukon, Alaska, and Southern California. They're shown with 70 color photographs, 180 black-and-white photographs, and 42 easy-to-follow maps that mark specific ghost town locations.

WILLIAM CARTER

Stone remnants *of Providence, a Mojave mining town built by silver, is one of new sites added to Southern California section*

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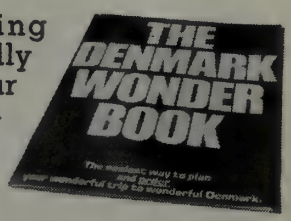

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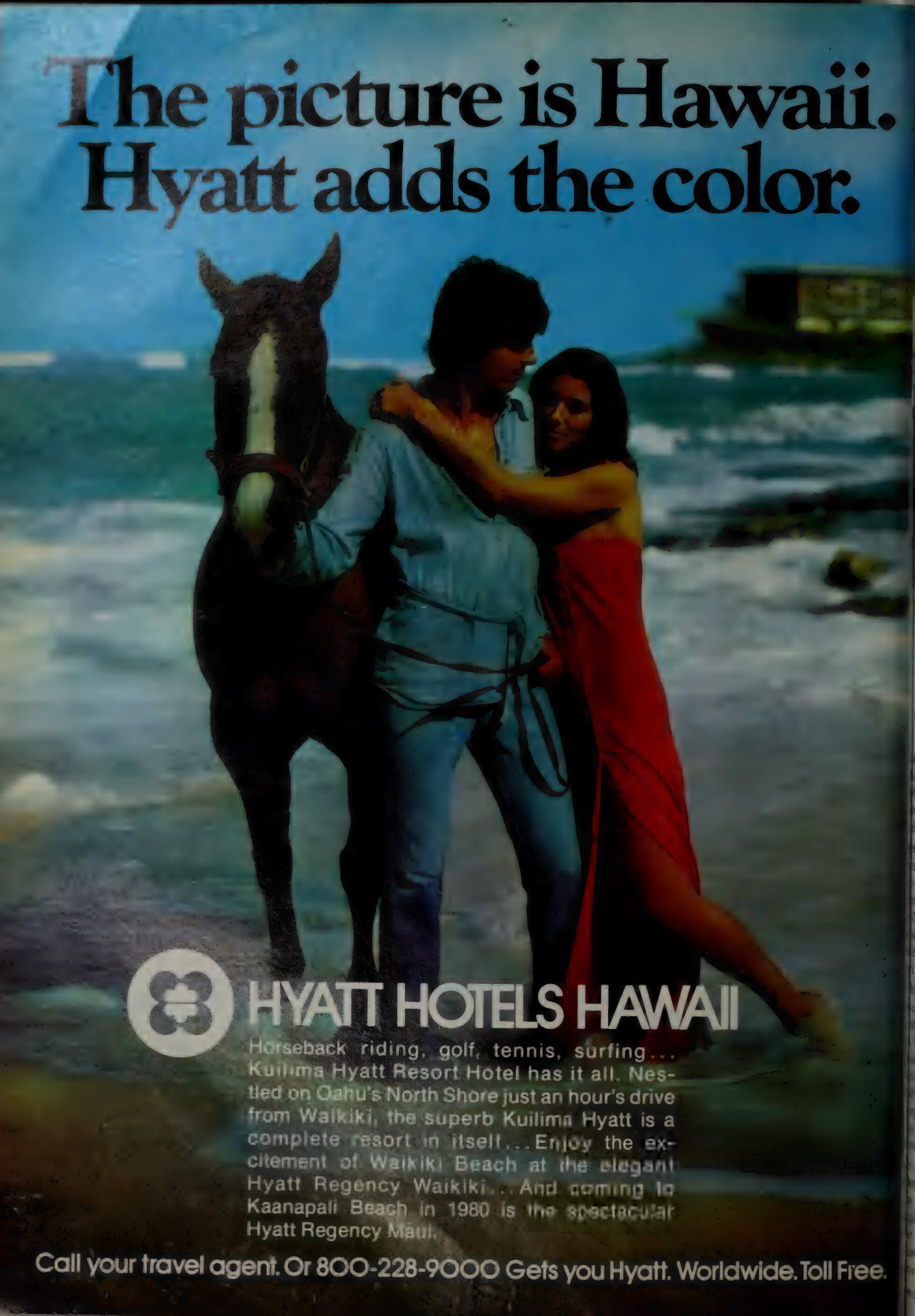
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DAVID STUBBS

harp-shinned hawk, *above, kinglet and bushtit, below, are banded for migration and lifespan studies*

Banding birds at Point Reyes

eeping track of the land birds that live ong the northern California coast is the p of researchers at Marin County's int Reyes Bird Observatory, the only ll-time banding station in the West.

n a visit there, you can see how birds e captured in large nets, banded with identifying marker around the leg, d studied. Call ahead—(415) 868-34—to make sure they're banding. ual banding hours are dawn to noon ery day but Friday; weekend hours e extended to 3 P.M.

e staff (a banding biologist and five e-in volunteers) will identify each bird d explain what it's being checked for. April, many captured birds will be on eir northern migration to nesting sites. rds you're likely to see are flycatchers, rblers, sparrows and swallows. Hum-ngbirds, finches, and a hawk or owl y also be unwilling guests in the tem-rary traps.

reach the observatory, turn onto ema-Bolinas Road from State High-y 1 at the northern end of Bolinas goon. Go 2 miles south to Mesa Road, n turn right and proceed about 3 les; the station is just inside Point yes National Seashore. □

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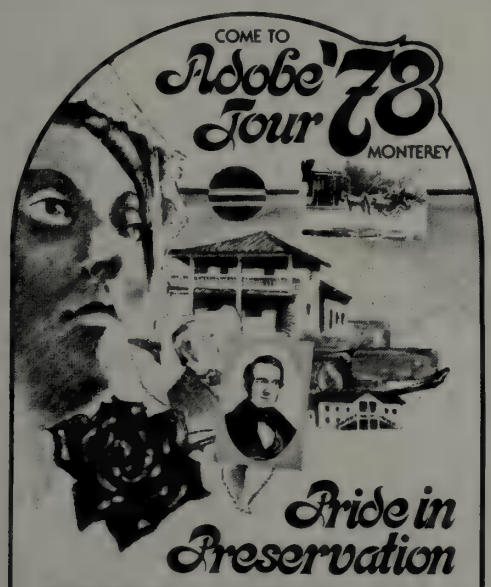

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NORMAN A. PLATE

"A beautiful chicken!" *exclaims butcher at Shelly's, where kosher meats and poultry are a specialty. Six kosher meat markets serve the "borscht belt" along Fairfax. A handful of a sandwich, right, is sublimely simple pastrami on rye at Canter's deli-restaurant*

JERRY FREDRI

Noshing is very popular in Los Angeles

What is noshing? And where do you find the best in L.A.?

No other street in Los Angeles has the variety of eating experiences you'll find packed into Fairfax Avenue near Farmer's Market. It's where "noshing," Yiddish for nibbling at tidbits of food, becomes almost an art.

Here you can crunch into enormous dill pickles, juggle a dripping falafel, munch a three-cornered hamantashen pastry, or simply enjoy the Old World hubbub of a street that retains a distinct ethnic atmosphere.

In a two block stretch starting at Beverly Boulevard and extending just beyond Rosewood Avenue, there are seven bakeries, eight grocery markets, six meat, fish, and poultry markets, and the large and famous Canter's deli-restaurant. These narrow storefronts serve an enormous Jewish population that settled in the Beverly-Fairfax area after World War II, replacing Boyle Heights as the neighborhood with a predominant Jewish look and flavor. Most elderly residents here do their daily marketing on foot, and many languages are commonplace, including Yiddish, Russian, Hebrew, and German.

You can nosh on some of the street's special delicacies right on the spot. Or gather together a meal for a picnic in nearby Hancock Park or at the beach.

You may want to stop first at Farmer's Market, Fairfax at Third Street, to wander its carnival-like collection of shops, cafes, and produce stands. Then simply walk up Fairfax two blocks to the heart of the Jewish district.

Bakeries are the street's strong points. "Strips" and coffee cake are like Danish pastry, often filled or flavored with walnuts, poppy seeds, honey, cinnamon, fruit, chocolate, or custard (try Canter's Cake, a sugary roll of cinnamon pastry filled with chopped walnuts). Cheesecake in considerable variety comes in slabs and is sold by the pound, as are the marble and sponge cakes.

Breads range from the crusty corn rye to hallah, a light, spongy egg bread that is often baked in the shape of a braid but is also available in loaves. There are pumpernickels studded with raisins, and half-a-dozen kinds of bagels.

At the kosher butchers, unusual cuts of meat like flanken (beef for braising or for soups) and beef cheeks are available. The fresh-killed chickens are made kosher by being bled and soaked in sa water. One fish market gets Eastern fi flown in daily and fillets it to order.

Canter's is the only large sit-down "deli Opinions vary on this well-known re taurant; many locals don't eat here, lea ing it to the tourists. Step in, loo around, and make your own decisio Hearty soups that fuel the Jewi mother myth are here: chicken wi matzo balls, barley bean, cabbage, a beef borscht. You'll also find the thr k's: knishes (pastry filled with potat liver, cheese or grain-based kasha), kre lach (boiled ravioli-like meat-filled no dles), and kishke (grains and meat in beef casing. Sandwiches are in gre variety: Try cole slaw right in a pastra sandwich—an L.A. favorite.

Me and Me's falafel stand offers Mido Eastern noshing treats. A favorite tuc crunchy fried garbanzo bean patties in Arabic pocket bread.

For those who prefer not to eat a walk, there's a cosmopolitan mix of re taurants—from Italian to Chinese.

Best time to visit the avenue is a wee day. The Shabbat (Saturday) is quiet as is Sunday.

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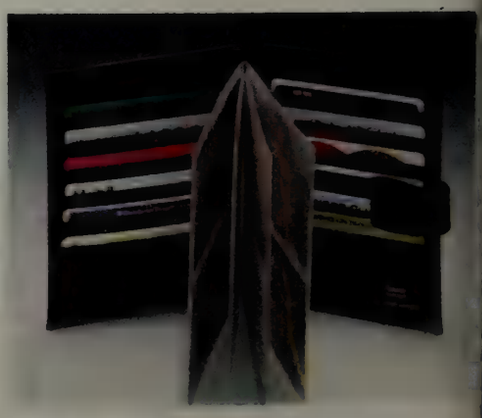

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PETER O WHITELEY

Czarist officer *(head is about 2 feet high) looks down on a courtyard*

Monterey history ... in concrete

Twenty-one sculptured heads representing heroic figures in Monterey County history surround the courtyard of the county courthouse in downtown Salinas. Created in 1936 and mounted just above the lower-floor windows, these were Depression-era artist Jo Mora's response when invited to "write the county's history in concrete."

If you're driving by on U.S. 101, a 15-minute detour will lead you to them. Take the Main Street exit and continue along Salinas Street to Alisal Street. The courthouse is on Alisal at Capitol.

Mora first shaped these massive heads in clay, then cast them in a special concrete made from Santa Cruz cement and lapis sand from county beaches. You can see all 21 of them on a walk through the courtyard, and some are repeated on the courthouse façade along Alisal.

They are supposedly allegorical (a bearded mountain man, a Yankee sea captain, a Spanish padre, a Mission Indian neophyte, a Mexican señorita). However, visitors frequently try to identify them with some of Monterey's historical or legendary characters.

Mora did a great deal of other work in Northern California, including a statue of Cervantes in Golden Gate Park in San Francisco and a figure on Father Serra's sarcophagus at Carmel Mission. But the Salinas courthouse is a veritable monument to his talents; he also executed the courtyard fountain, capitals on columns, and bronze door plates. □

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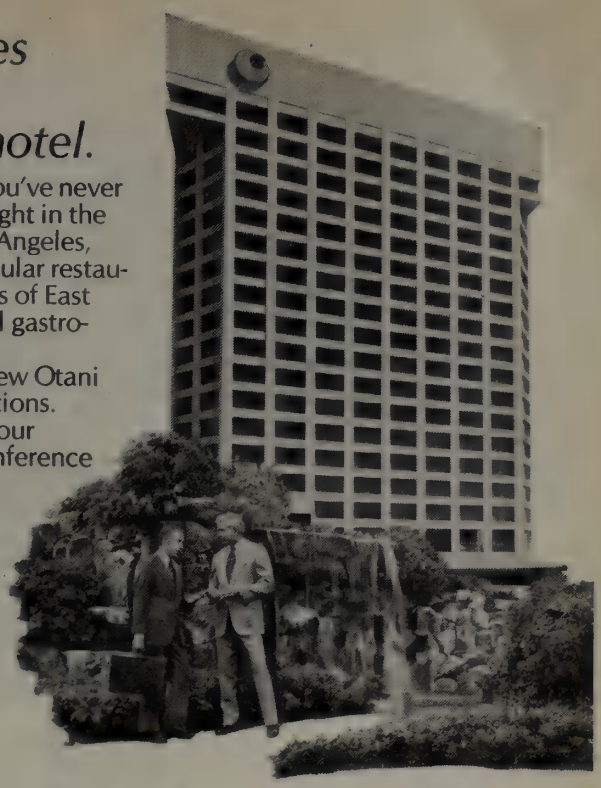

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CALIFORNIA HISTORICAL SOCIETY

Fort Mason 1906. *At refugee camp, police distributed flour to survivors of the San Francisco quake and fire (their uniforms got a dusting, too)*

Fort Mason today. *On guided walk, ranger tells how 1880s houses withstood tremors*

It's earthquake month (San Francisco 1906)

You can hike the fault, visit a former refugee camp, see films, hear talks, listen to quake scientists

SAN FRANCISCO EXAMINER

At 5:12 A.M. *on April 18, survivors of 1906 will honor firefighters at Lotta's fountain*

Straddling the longest fault system in North America—the 650-mile San Andreas—the Bay Area is like a huge field laboratory on the geologic evidence and problems of earthquakes.

During this anniversary month of the 1906 San Francisco earthquake, there's more chance than ever to learn about fault activity in general and the great '06 quake in particular. You can tour a seismographic station, hike a signed earthquake trail, walk through what was a 1906 refugee camp, and attend exhibits, speeches, and films.

Walking the fault

Two earthquake trails run alongside the fault, both designed by the geology department of Foothill College in Los Altos Hills.

The 1-mile Point Reyes National Seashore trail is a self-guided loop with 14 stations explaining how and why earthquakes occur, what happened in 1906, how fault plates move. The trail begins near the Bear Valley visitor center in Point Reyes, about 45 miles north of San Francisco off State Highway 1.

In the Los Trancos Open Space Preserve, you can take a guided walk on the 1½-mile earthquake trail every Sunday at 2 P.M. or pick up a self-guiding brochure at the trailhead. Along the loop you'll see a split fence demonstrating ground movement, sag ponds, and conglomerate rock moved by fault action. The preserve is 15 miles north of San Jose on Page Mill - Alpine Road about 1 mile east of its intersection with Skyline Boulevard.

At Fort Mason in San Francisco, you can join a discovery walk every Saturday and Sunday at 1 P.M. to learn the history of the fort (now part of the Golden State National Recreation Area) and how it functioned as a tent camp for 3,200 homeless after the 1906 quake. Walks begin at the headquarters. You enter Fort Mason at Bay and Franklin streets; it's open daily 9 to 5.

Learning more about earthquakes

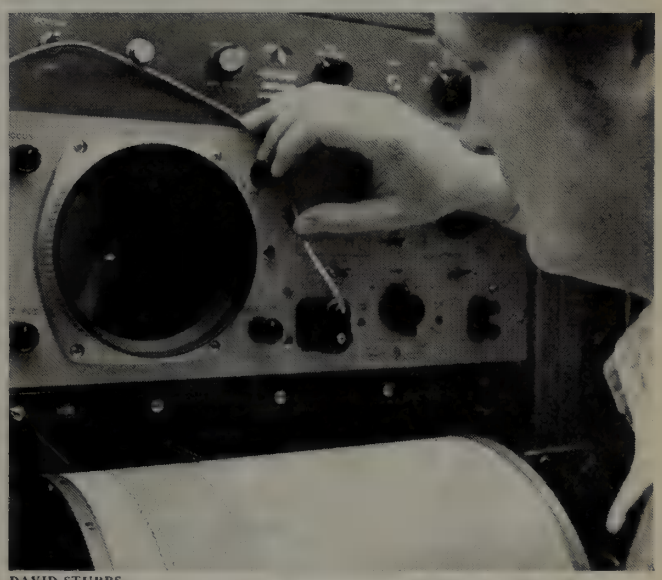
The oldest seismographic stations in the Western Hemisphere (built in 1887) are in the Bay Area at the University of California in Berkeley and at the Lick Observatory atop Mount Hamilton to the east of San Jose. At UC's on-campus seismographic station, which records data from 15 stations around northern California, you can get a look at earthquake research on an hour-long guided tour on weekdays.

A seismologist will show you helicorders (like the one at right, above) collecting seismometer data, how tremor magnitude and location are plotted, where and when earthquakes have struck in the past century. For tour reservations, call the station at (415) 642-3977; it's in the earth sciences building at Hearst and Euclid streets.

At Foothill College, a new earthquake exhibit in the Electronics Museum gives

Point Reyes *trail has 18 stations; this one shows converging plates in earth's crust*

LORRAINE RORKE
Split fence *along Los Trancos Preserve's quake trail shows how earth moves along San Andreas fault*



DAVID STUBBS
Seismographic center *at UC Berkeley records fault activity worldwide*

ractical information on the types of ructures that best withstand shaking, ay Area locations most susceptible to amage during a quake, and how hinese scientists predict quakes. The ollege is at 12345 S. El Monte Avenue f Interstate Highway 280. Museum ours are 9 to 5 Monday through hursday, 9 to 10 Friday, and 1 to 5 aturday and Sunday. Admission is free.

n April 15 at Berkeley's Lawrence all of Science, engineer and author eter Yanev will speak on "Earthquake afety for Homes" at 1:30 in the audirium. On April 22, 23, 29, and 30 ere'll be a 1-hour film program (inuding 1906 newsreel footage) at 11, and 3. The director of UC's seismoaphic station, Dr. Bruce Bolt, will eak at 2:30 on April 23.

Hall of Science admission is $1 for adults, 75 cents for students with identification. Hours are 10 to 4:30 daily except 9 P.M. Thursdays. For information, call (415) 642-5132.

A new 241-page paperback book by Dr. Bolt is entitled *Earthquakes: A Primer* (W. H. Freeman and Co., 660 Market St., San Francisco 94104, 1978; $7) and covers earthquake zones, famous quakes, and designing for earthquake protection.

Remembering the big one

At 5:12 A.M. on April 18, 1906, an earthquake measuring 8.3 on the Richter scale was recorded near San Francisco. The story of that quake and the ensuing fire will be retold this April 18 by a film, by readings from diaries, and by personal accounts of survivors of that day.

For 53 years, the South of Market Boys club has commemorated the quake and its brave firefighters with a predawn ceremony at Lotta Crabtree's fountain, a structure that survived the disaster and served as a rallying point. Speeches, readings, and laying of a wreath begin at 5:12 A.M. at the fountain where Market and Geary streets meet.

The California Historical Society will present its 15th annual "I Was There" program at 7:30 P.M. at its 2090 Jackson Street headquarters. Diary readings, interviews with survivors, and the film *Disaster, 1906* will make up the free, 1½-hour event. At 6:30 P.M. there'll be a sale of duplicate memorabilia and photographs of the famous quake. □

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SU

. DAVID STUBBS

Canoeists head out *to the Marin Islands. San Rafael Bridge stretches to east*

Canoe to the Marin Islands

A 20-minute paddle in a canoe is all it takes to get out to the Marin Islands, a haven for water birds in San Francisco Bay. It's an easy trip under good conditions, and you're likely to see cormorants, great blue and black-crowned night herons, American and snowy egrets, and some land birds as well.

The Marin Islands are just east of San Rafael. Put in your canoe at the public boat launch at Loch Lomond Marina, about 3 miles east of U.S. 101 on Point San Pedro Road; launch fee is $2.

Morning is the best time to go, as the water is usually calm then, and more birds will be around. If the wind picks up, be prepared; paddling against it is hard—even dangerous—work, especially for novices.

You can rent a two-person canoe from Canoe Trips West at 2170 Redwood Highway in Greenbrae. Fee, including life jackets and knee pads, is $5 for the first hour, $3 for each additional hour, $14 per day. For reservations, call (415) 461-1750 any day except Monday.

The islands are privately owned and the nesting birds are easily disturbed, so don't land. But the bird life by the water is really the attraction. Also look for nests in the trees. □

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GARDEN STATE

6 separate brakes, shock absorbers even for the engine, a wax job your eyes may never see: inside the insides of the Mercedes-Benz 450 SEL.

n the eyes of a Mercedes-Benz engineer, the examples of skill and re normally hidden from sight deep ithin the car are what most strongly amp a 450 SEL as a 450 SEL and ake it unique.

Herewith, that deep-down 50 SEL story—an *engineer's-eye* view.

6,000 invisible welds

bserve that beneath its high-gloss amel, the 450 SEL body is a semi-onocoque or "unitized" structure—steel hull in effect, studded with no wer than 6,000 electric welds.

Between the time it first enters d finally leaves the paint shop, this dy acquires 77 pounds' worth of otective coatings applied in 9 steps. ti-corrosion wax is even sprayed to hollow recesses like the insides the rocker panels before they are rmanently sealed.

Almost 5 feet of hiproom

he 450 SEL body shell is the largest ercedes-Benz builds in volume roduction and the word for its inte-or space is ample. Yet this so-called big" Mercedes is contained within an verall length of less than 18 feet—and 73.6 inches of width is actually *immer* than a Nash Rambler compact f 28 years ago.

Linked to its own separate axle, ach rear wheel of the 450 SEL is freed act on its own. Result: the left wheel an hit a bump or a dip without affect-ng the right, and vice versa. Each hock absorber has an upper hamber filled with oil and a lower hamber filled with pressurized *ni-ogen* gas as a cushion against vibra-on.

Excessive vibration is good for either a car nor its occupants. The ngine's rubber-insulated mounts are ugmented by two special hydraulic hock absorbers nestled on either side of the 450 SEL's 4.5-liter V-8.

Examine the steering system and you will find yet *another* shock absorber, expressly meant to soak up thumps and bumps before they reach your hands on the wheel.

A black box that isn't there

The engineers eliminated pushrod-actuated valves and their adjustment (as well as their clatter) from the 450 SEL engine by giving it overhead camshafts instead. Fuel injection is standard—but note: Mercedes-Benz began using fuel injection so long ago (in 1954) that the 450 SEL has passed beyond the computerized "little black box" concept to a CIS, or Continuous Injection System, of simplified *mechanical* design.

2 agile tons

If you could peek inside the 450 SEL's 3-speed automatic transmission you would find that all shafts and gears in the mechanism are mounted on roller or ball bearings.

This two-ton automobile is maneuvered via a power-assisted steering system based on the recirculating-ball principle. You can ease from lock to lock in a mere 2.7 turns.

Count all the brakes

It is an intriguing fact that the 450 SEL is fitted with *six* separate brakes, of two different types:

☐ Four disc brakes, each 11 inches in diameter, provide the basic stopping force. The front discs are honeycombed with internal ventilation slots for more rapid heat dissipation.

☐ Two drum brakes, one at each rear wheel, handle parking and emergency braking needs.

Velour, veneer, bituminous foil

Soft velour carpeting lies underfoot in the 450 SEL. Also underfoot but out of sight: felt, foam-backed rubber matting and even *bituminous foil,* discreet allies in the engineers' quiet war against engine and road noise.

The built-in AM/FM stereo cassette unit has four wide-range speakers. Vacuum power instantly locks or unlocks all four doors, the trunk and the fuel filler port with the twist of a key. The built-in automatic cruise control device is a machine with a memory, able to return the car to a preset speed after you have speeded up or slowed down.

You can specify either leather upholstery or plush velour at no extra cost. You should know that inside the seats are five separate layers of padding and lining, laid overtop a network of steel springs.

Those rich fillets of trim that look like walnut veneer *are* walnut veneer. That dashboard clock is not a clock—it is a quartz-crystal chronometer.

Final revelation: The 60-page Mercedes-Benz brochure covers safety features built into the 450 SEL and other models. This makes fascinating reading before you buy the car, and comforting reading afterward.

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People give many reasons for choosing a Mercedes-Benz. But the company's aim in designing and constructing them is doggedly single-minded. It is to build safe, comfortable, practical cars with as few imperfections as possible.

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A Mercedes-Benz is engineered like no other car in the world.

ctric sunroof (shown) available at extra cost.

978 Mercedes-Benz

THE CAYMANS

with John H. Keller
President
Caribbean Holidays, Inc.

Picture yourself on a perfect beach. As far as you can see in either direction, nothing but pure white powdery sand and clear blue water sparkling in the sun. Overhead, a fluffy cloud or two drifts by. It's a dream beach, but it's real. Seven-mile-long West Bay Beach is one of the most spectacular stretches of sand anywhere, and it's on Grand Cayman Island.

Grand Cayman and its two smaller companion isles, Cayman Brac and Little Cayman, offer unspoiled beauty, perfect sunshine and tranquility in abundance. Along with picture book beaches, you can enjoy big game fishing, sailing, water skiing, tennis, duty-free shopping, zesty food, and the friendly English-speaking Caymanians themselves. With zero unemployment and no income taxes, they have a lot to be happy about, and they show it.

Although the Cayman Islands are tucked away in the western corner of the Caribbean off the beaten tourist trail, they've long been a favorite spot for skin divers. Their exceptionally calm, warm waters offer a unique underwater landscape with long sloping gardens, flocks of brilliant fish, hidden caves and scores of shipwrecks to explore.

If undersea adventure appeals to you, you'll be interested in knowing about Caribbean Holidays' Cayman Island Scuba Diving vacations. They include hotel rooms, a choice of meal plans, diving trips by boat to some of the best spots, the guidance of experienced instructors, and even Scuba equipment at some of the hotels. Prices for seven days and six nights range from $246 to $462 per person, double, depending on hotel and meal plan chosen.

Ask your travel agent for all the details. Our other Cayman Island plans include Tropical Honeymoons in your choice of secluded settings, as well as Vacation Packages at a variety of hotels, apartments and villas. Prices for a seven-night stay for two begin at $160 each, without meals, and go to $560 each for a two bedroom villa with daily breakfast and dinner. *Air fares are not included.*

We at Caribbean Holidays have been creating Caribbean vacations for people since 1932. Our offices are from coast to coast. But only your local travel agent can book our tours for you. See your travel agent soon. And tell him I sent you.

On foot *or in rented boats, you can get a wet view of fountains in Alcalde Park*

A cool day in Guadalajara

Alcalde Park offers a welcome break from the traffic and clamor of Mexico's second largest city. It's smaller and newer (1972) than Guadalajara's better known park, Agua Azul, but its splendid water works make a cool retreat for sightseers and a reward for children who have patiently spent the morning walking through shops and museums.

You can rent rowboats and get right out into the spray from two-story-tall fountains, or size up the park from an open-air train that circles the grounds. Snack stands are open. Sunday is the day Mexicans pour into the parks and Alcalde is a lively place to join them while they enjoy the holiday.

From Plaza de Armas, go north on 16 de Septiembre which becomes Alcalde. Or take No. 10 bus marked "Zapopan." Sixteen blocks north of the plaza at Jesús Garcia, walk west two blocks to the park. The fountains are scheduled to be turned on only from 10 to 2 and 4 to 7. Admission to the park is 50 centavos (2 cents). □

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James A. Michener

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DARROW M. WATT

Acres of concrete *flow down from Olympic Stadium's gently concave central support. Inside the nearby basketball pavilion, curtainlike ceiling masks enormous interior*

Architectural discovery in Tokyo ... the works of Kenzo Tange

A first-time traveler to Tokyo is usually unprepared for the ultra-modern Western appearance of much of the city. But one thoroughly Japanese aspect is the approach to street names and addresses —there are none.

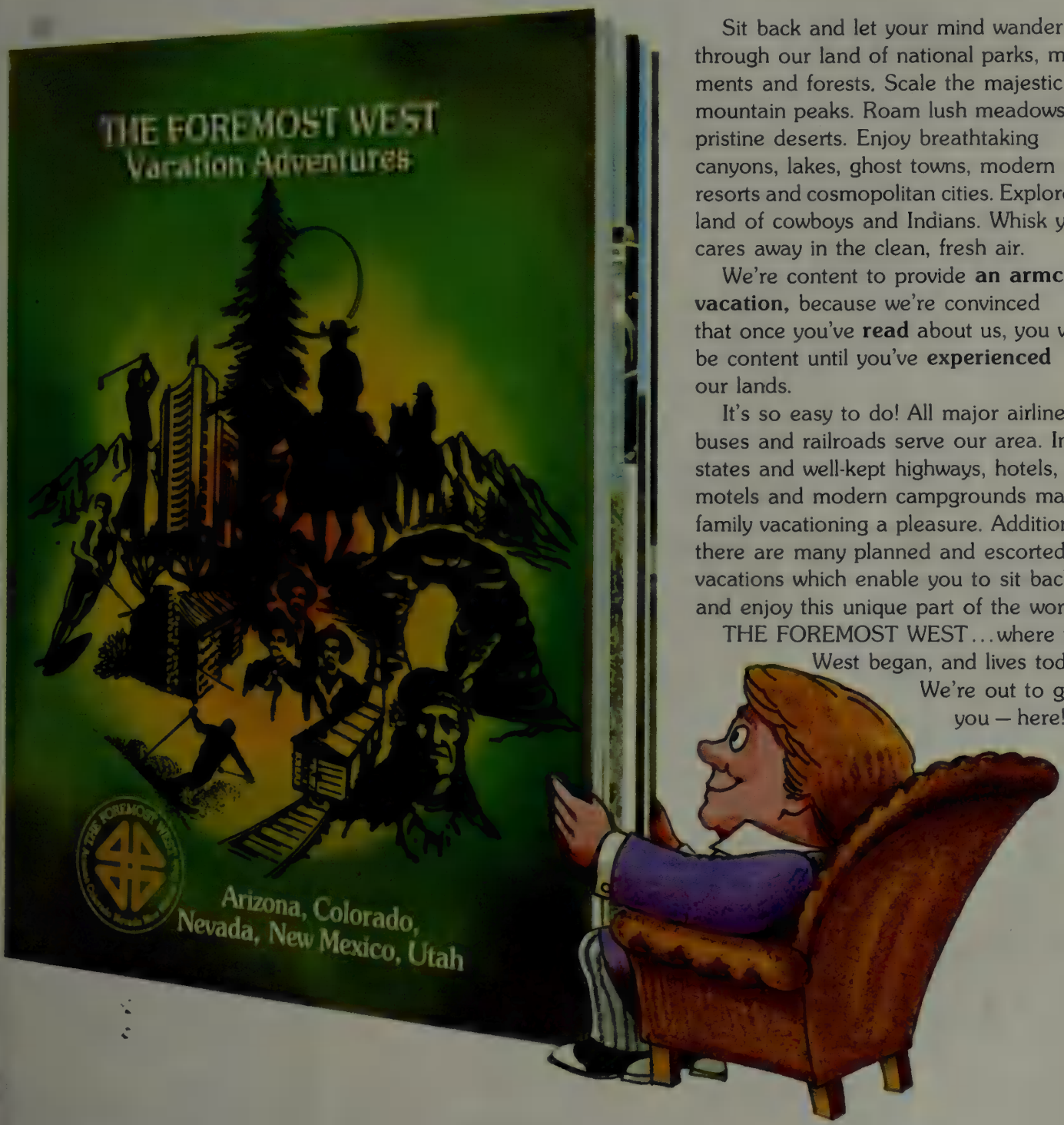
Perhaps the lack of a name and number system explains the landmark quality of so many Tokyo buildings. A city stroller comes across building after building waving itself before the senses like a signal flag.

One man responsible for many of these bold structures is architect Kenzo Tange. His career has been meteoric and today is world-ranging. It began three decades ago when he won a competition for the Hiroshima Peace Memorial. He later designed the great stadium for the 1964 Olympic Games in Tokyo. Tange's current challenges include work on a new city in Italy. Today he is considered one of the world's architectural revolution-

(Continued on page 78)

Stern facade *of Metropolitan Government office building, with its mosaic of balconies, contrasts with free-form paving stone sculpture in foreground*

Take an armchair vacation through 5 Western States.



Sit back and let your mind wander through our land of national parks, monuments and forests. Scale the majestic mountain peaks. Roam lush meadows and pristine deserts. Enjoy breathtaking canyons, lakes, ghost towns, modern resorts and cosmopolitan cities. Explore the land of cowboys and Indians. Whisk your cares away in the clean, fresh air.

We're content to provide **an armchair vacation,** because we're convinced that once you've **read** about us, you won't be content until you've **experienced** our lands.

It's so easy to do! All major airlines, buses and railroads serve our area. Interstates and well-kept highways, hotels, motels and modern campgrounds make family vacationing a pleasure. Additionally, there are many planned and escorted vacations which enable you to sit back and enjoy this unique part of the world.

THE FOREMOST WEST...where the West began, and lives today. We're out to get you — here!

or the price of a postage amp, we'll send you a ree, full-color vacation uide detailing adventures hat await you in the oremost West.

Yes, I'd like to take an armchair vacation through the Foremost West! Please send me the free vacation guide.

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Send to: The Foremost West
4400 Grape Street, Dept. H-28
Denver, Colorado 80216

The Foremost West, a project of the Four Corners Regional Commission and the States of Arizona, Colorado, Nevada, New Mexico and Utah.

GAZELLE. The versatile convertible wagon.

The most versatile vehicle you could ever own! It's three vehicles in one. Economy car, station wagon and motorhome all base priced under $7995. Since it's mounted on a Toyota chassis, expect to get 25 MPG on the highway! (EPA estimate. Slightly lower in California.) Test drive the Gazelle at RV centers today. Or, the MPG at select Toyota dealers.

FUTURA. Tomorrow's motorhome today.

There has never been a motorhome like the Futura! Advanced styling and innovative engineering assure you that this is not just another motorhome. The Futura is beautifully sculpted from fiberglass and reinforced with a steel safety cage. There are three floor plans with innovative ideas for ultimate liveability. Test drive the Futura at RV centers today.

CONCOURSE. Uncommon excellence.

Sophisticated experts consider the Concourse to be the finest mini-motorhome available. From the classic exterior to the elegant interior decor the Concourse is an industry trendsetter. Economy tests have proven that the Concourse is at the head of its class in operating economy. See one today at select RV centers.

CHINOOK MOBILODGE, INC.
110 Newport Center Drive, Suite 250, Newport Beach, CA 92660

Please send more information! SU 48

☐ Concourse ☐ Futura ☐ MPG/Gazelle ☐ Omega/Newport

Name _____

Address _____

City _____

State _____ Zip _____

Any other motorhome just may be a compromise.

There's a Chinook motorhome to complement every life style. From the versatile Gazelle to the exciting new Futura, we have a motorhome to suit your budget and way of life.

Although each model we build has its own characteristics, they all have one thing in common. Our products, past, present and future are designed and built with uncompromising quality. Each model features innovative use of materials, imaginative interior design, and literally hundreds of 'hidden' details that would only be conspicuous if they were missing.

Chinook motorhomes have always been noted for exterior styling. And, every time we build a new product, we take into consideration everything we've learned about designing 'liveable' interiors. The result is a motorhome that combines the best in design and engineering.

We're proud to build products without compromise. You'll be proud to own one.

CHINOOK

WE BUILD LEGENDS.

Since 1935.

CHINOOK NEWPORT. The ultimate economy motorhome.

The styling of the 80's today; designed and engineered to meet the demands of tomorrow. The Newport offers such standard features as a sunport; commode; complete galley with sink, [illegible] and stove. There's plenty of storage, enough room to walk around comfortably and it sleeps four. Test drive the Newport at select Toyota dealers. Or, the Omega at RV centers near you.

World's Largest Lodging Chain

Why? Best Western has over 1850 attractive, well-furnished and dependably clean motels, hotels and resorts conveniently located in more than 1200 cities.

Each one looks refreshingly different, yet all offer the same personal and efficient service. Every Best Western is regularly inspected to assure that it meets Best Western's high standards of cleanliness, quality, comfort and value.

Wherever you travel, get your money's worth at Best Western. And stop at any Best Western for a free copy of our 1978 Road Atlas & Travel Guide.

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consult the yellow pages.
In Arizona (800) 352-1222
Phoenix 279-7600

Best Western

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aries, and his rebelliousness shows in h work—most often with concrete.

Visiting some of Tange's major buildin provides an excellent introduction contemporary Tokyo. Here we pictu four. Two are near the train station ar major downtown hotels and can reached comfortably by foot. Taxi is a vised for the outlying Olympic Stadiu complex and St. Mary's Cathedral. A your hotel to give your driver direction

Tange's 1964 **Olympic Stadium,** locat in outer Meiji Park, is a well-know Tokyo landmark. From a distance, low sweeping lines echo the sparse el gance of traditional Japanese archite ture. Close up, the major impression of great size: The huge main buildi floats on a gigantic platform of ston The helical basketball pavilion twi upward beside it.

With the **Shizuoka Press Building** ne Tokyo Station, Tange leaps from t vast and sublime to the confined a humorous. The tall tower rises whe two converging streets meet. From it beveled boxes of cantilevered off space.

Not far from the Shizuoka Building ne many of the major downtown hot stands the **Tokyo Metropolitan Gover ment office building,** which shows Tan in a down-to-earth, no-nonsense mo In a sense, this is the most Japanese the four structures we show here. It both very open and very private, as traditional Japanese architecture. T façade retires behind a cellular structu of deep eaves and strong vertical s ports while built-in sun screens cut t

Office boxes *of Shizuoka Building cantilever from a street-corner tower*

DARROW M. W

Oldsmobile wagons work like wagons. With the quality ride you expect from Oldsmobile.

Custom Cruiser: full-sized for families who need room and want even more luxury.
The full-sized Olds Custom Cruiser has plenty of loading room inside, practical dimensions outside, and comfort all around plus the luxury you'd expect to find in a full-size Oldsmobile. With a ride that's all Oldsmobile, smooth, solid, serene. And you can expect good fuel efficiency, too. EPA estimates are 22 highway, 15 city and 17 combined with standard 350 V-8 and automatic transmission.* (Estimates are lower in California.)

Cutlass Cruiser: for young, growing families on a budget.
Now you can discover that great Cutlass Feeling in a wagon. Cutlass Cruiser is a whole new size that looks and feels like a Cutlass, but loads and carries like a wagon. And it has a short turning radius, a new chassis and suspension and a quality Oldsmobile ride. And good gas mileage, too. EPA mileage estimates are 25 highway, 18 city, 21 combined with available 260 V-8 and automatic transmission.* The best V-8 EPA gas mileage ratings of any mid-size wagon! (Engine not available in California.)

Test drive the Custom Cruiser and the new Cutlass Cruiser at your Olds dealer's, and discover the working wagons with the quality Oldsmobile ride.

*Your mileage depends on how and where you drive, your car's condition and equipment. Cutlass Cruisers are equipped with GM engines produced by various divisions. See your dealer for details.

Oldsmobile

Can we build one for you?

There's a lot of News in Olds today.

GM

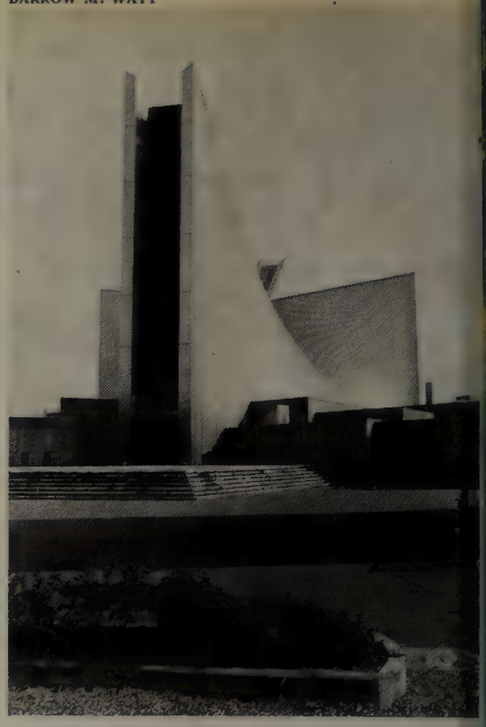
Ice Cold. Without The Ice.

Wherever you go, Gott's patented refreeze bottle eliminates the need for crushed ice. Cold air from the frosty refreeze bottle flows down and through the contents in the bottom of the chest, keeping them cold all day long. So food that looks good enough to eat stays that way. For even longer cold-holding power, use refreeze bottles *plus* ice.

There are four chests in the Gott refreeze series. The Tote-12 for life's little pleasures. Our roomy family-size 50- and 60-quart chests. And Gott's huge 80-quart chest. Plus our all-new 5-quart beverage cooler. Or you can choose from Gott's complete line of coolers and conventional ice chests in a wide range of colors and sizes.

GOTT Corporation
For the good times.
P.O. Box 652, Winfield, Kansas, 67156 (316) 221-2230

DARROW M. WATT



Sweeping lines *of St. Mary's Cathedral follow ancient shape of the cross*

long horizontal lines again and again.

In designing **St. Mary's Cathedral,** Tange was faced with the challenge of producing a contemporary Japanese structure that would somehow retain the feeling of European, Christian traditions. A simple stone platform establishes the base line. Out of ground-hugging concrete structures to either side leaps the cathedral itself.

The best way to find this cathedral, little known in non-Christian Tokyo, is by taxi; showing your driver our photograph of it should avoid mistakes. □

Travel helps: useful, free

Trip planners can get free information from several new pamphlets published by the United States Travel Service. Three offer help to those who need encouragement and special advice before setting out: *Traveling with pets, Travel tips for the handicapped,* and *Helpful hints for older travelers.* A fourth, *Your rights and responsibilities—know before you go,* tells you how to cope with canceled flights, lost baggage, delayed trains.

Another brochure is of interest to everyone traveling on a budget: *Getting the best value for your vacation dollar.* Additionally, there are pamphlets on various U.S. cities, states, and regions. Order the free brochures from Consumer Information, United States Travel Service, U.S. Department of Commerce, Washington, D.C. 20230.

TWO OF SHERATON'S
10 GREAT
HAWAII SHOWPLACES

Sheraton-Maui
Sheraton-Kauai

Right on the beach.

You haven't really experienced Hawaii until you've seen the Neighbor Islands. Two of Sheraton's ten Hawaii resort hotels are on the spectacular Neighbor Islands of Maui and Kauai. Modern jet aircraft take you to either island, 25-minute hops from Honolulu.

The Sheraton-Maui, festooned with flowers, cascades dramatically down a rocky promontory by the sea. There's championship golf, tennis, water sports, historic Lahaina whaling town to visit, and the time-to-unwind feeling of the Valley Isle.

The Sheraton-Kauai is a jewel in the midst of Kauai's rainbows, waterfalls, crags and forests, with low, Polynesian buildings overlooking the sea and lots of golf, tennis, watersports, nightlife and sightseeing.

At the Sheraton-Maui and Sheraton-Kauai room rates run from $44-$62* a night for two. Your Travel Agent knows these Sheraton resorts, as well as the five great Sheraton hotels in Waikiki, and Sheraton's three newest, the Sheraton Molokai, and the Big Island's Sheraton-Waiakea Village Hotel and The Volcano House. Your Travel Agent knows there's a Sheraton in Hawaii that's right for you.

Or call us, toll free **800-325-3535.**

[illegible] the [illegible] The [illegible] Island experience in Hawaii [illegible] and, [illegible]

*[illegible]

[illegible] air [illegible] Hawaii [illegible] are [illegible] Mainland U.S., [illegible] or [illegible] Ask your Travel Agent.

Sheraton Hotels in Hawaii

SHERATON HOTELS [illegible]
[illegible] BOX 8559, HONOLULU, HAWAII 96815

Come to Chinook Country...

It's free!

That's right! Fly to Yakima, Washington, buy a Chinook Motorhome from Canopy Country RV Center, and we'll rebate your air fare*!

Why Yakima? Simple - that's where the Chinook factory is located. And that enables us to offer you the very lowest price for the very finest motorhome money can buy.

So, come get a taste of the beautiful Pacific Northwest and take home a Chinook from Canopy Country RV Center.

It's well worth the trip.

*Rebate good for one-way air fare, coach class.

For details, mail this coupon, or call our "Fly/Buy" number at (509) 248-7050.

Name_____

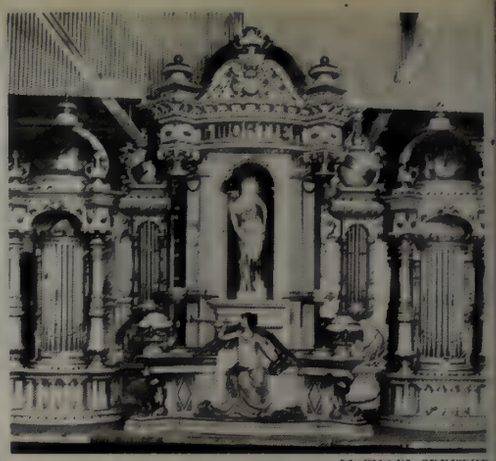
Address_____

City_____ State____ Zip____

Phone_____

2904 S. Main St., Yakima, WA 98903

Canopy Country RV Center



MICHAEL SPECTOR

Elaborate façade *of 1924 Taj Mahal orchestrion, top, hides pipes, drums, other instruments (below)*

Automatic music ...in Irvine

The world's largest dealer in automatic musical instruments—American International Galleries—is in Irvine, California, less than 30 minutes south of Disneyland.

The warehouse/gallery is an astonishing musical maze of rare and one-of-a-kind instruments, ranging from diminutive 19th-century music boxes to enormous orchestrions (automatic organs built to sound like an orchestra).

You are invited to come by and shop or just listen and look. Salespeople will play most of the instruments for you, including calliopes, player pianos, nickelodeons, and a 1950s juke box. There's a changing array of instruments as well as antique clocks and furniture.

To get there, drive east on MacArthur Boulevard from the Newport Freeway. Turn north on Red Hill Avenue, right on Alton Avenue, right again on Gillette, then left on Kettering. Hours are 9 to 4, Wednesday through Saturday.

If you can't visit, write to the gallery at 1802 Kettering St., Irvine 92714, for a catalog ($3)—a mini-encyclopedia of automated music machines. ▫

Introducing Ranchero/78.

For the man in charge.

The 1978 Ford Ranchero—designed and built for the man in charge.

Outside, Ranchero won't take second best to other entries. That's why Ranchero stays full size. And that's why Ranchero stays proud and daring with its GT-like appearance, stacked headlamps and swooping shape.

Inside, you'll find a stylish array of options like leather-wrapped steering wheel, day/date analog clock, tilt steering wheel.

The Ford Ranchero. For the man who's in command.

FORD

FORD DIVISION

Ford

75th ANNIVERSARY

18-day film festival starts April 13 in Century City

The largest film festival in the United States will unfold in Los Angeles from April 13 to 30. The Los Angeles International Film Exposition, better known as Filmex, is an annual nonprofit springtime venture held in the Plitt Century Plaza Theatres in the ABC Entertainment Center of Century City.

The purpose of this 18-day festival is to bring to the public, as well as to industry professionals and students, films that illustrate significant happenings in the world of movie-making—many seldom available for viewing in the West. This includes old films that have been influential, new films that demonstrate trends and styles, works by botn professionals and students, feature-length films, short features, documentaries, super-8mm films, groups of films demonstrating various achievements, and animated works. In fact, American animation is the theme of Filmex 1978 and many events will be related to this art.

There are 120 events, all open to the public; admission is charged for about two-thirds of them, and the rest are free. Seats are not reserved, except on opening and closing nights.

Some events are concurrent in the two Plitt theaters (capacities 800 and 1400), so you'll need to study the program ahead of time.

Premieres, classic cartoons, an Oscar Marathon

Filmex opens and closes with the premiere of a feature film. *Fist*, the kick-off feature on Thursday, April 13, stars Sylvester Stallone in his first role since *Rocky*. Premiere tickets are $10; if you also want to attend the opening night benefit ball, the tariff is $125.

There will be a free noontime series on weekdays of classic animated features (some of Walt Disney Productions), a free afternoon documentary series, six special films for children on weekend mornings (adults $3, children $1), and ten classic films from the archives of New York's Museum of Modern Art planned for late afternoon showing ($3). Evening programs ($4) are based on full-length feature films, mostly foreign. More than 30 countries are represented.

Special events include the Salute to Oscar Marathon ($9): 50 consecutive hours of Oscar-winning films will celebrate the 50th anniversary of the Academy of Motion Picture Arts and Sciences. Among the titles are two which won "best" in all five top categories of picture, director, screenplay, actor, and actress: *It Happened One Night* (1934) and *One Flew Over the Cuckoo's Nest* (1975). The marathon starts at 10 P.M. on April 22; you can come and go during this more-than-two-day-plus show.

Other special events include a 2 to 3-hour program of super-8mm films selected by the Los Angeles Cinematheque, including exceptional student efforts; tributes to animators Walter Lantz, Max and Dave Fleischer, Oscar Fischinger, Jules Engel, Ub Iwerks, and UPA studios; and a 2-hour premiere of the year's best animated short films in the International Tournée of Animation.

Some sold-out features will be rescheduled for a second showing during the exposition to handle turn-away crowds.

How to get tickets

Mail orders received after April 3 will not be processed and will be returned. To get the program mail-order form, write or telephone Filmex, 2020 Avenue of the Stars, Los Angeles 96007; (213) 552-9660. Box office sales at the Plitt theaters begin Thursday, April 6.

You can choose 92 events for $150, 36 for $75, 6 for $20, or individual events; there are no student discounts. Make your selections early as popular events fill quickly; weekends are busiest.

Members of Filmex Society get discounts on tickets, advance ticket purchase privileges, seating in a reserved area, and other benefits. Memberships begin at $25 (tax-deductible); for details, write to Filmex at the above address.

Parking—it's out of sight

The largest underground parking lot in the United States is beneath the ABC Entertainment Center; parking is free with theater validation. Enter from Olympic Boulevard on the south side, or from Constellation Boulevard on the north side between Century Park East and Avenue of the Stars. Then take an escalator or elevator up to the theater level. □

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Hawaii, Honolulu (Waikiki) ..... Ilikai
Hawaii, Maui (Wailea) Wailea Beach (Summer 1978)
Houston ..... Galleria Plaza, Houston Oaks
Kansas City, MO ..... Crown Center
Los Angeles ..... Century Plaza
Los Angeles Bonaventure (Downtown)
New York ..... The Plaza
Phoenix ..... The Arizona Biltmore
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San Francisco ..... Miyako, St. Francis
Seattle ..... Olympic, Washington Plaza, Space Needle Restaurant
Tulsa ..... Williams Plaza (July 1978)
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Calgary ..... Calgary Inn
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Montreal ..... Bonaventure
Toronto ..... Hotel Toronto
Vancouver ..... Bayshore Inn
Winnipeg ..... Winnipeg Inn

DENMARK
Copenhagen ..... Hotel Scandinavia

EL SALVADOR
San Salvador ..... Camino Real

GUATEMALA
Guatemala City ..... Camino Real

JAPAN
Kyoto ..... Miyako
Tokyo ..... Takanawa Prince, Tokyo Prince

MEXICO
Acapulco ..... Las Brisas
Cancun ..... Camino Real
Guadalajara ..... Camino Real
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Western International Hotels has more places to go, more things to do and more packages than you'll find anywhere.

And pesos for dollars, Mexico is a better bargain than ever before. In all the favorite places.

Like the swinging tropical resort of Puerto Vallarta. And Cancun, tropical paradise at the tip of an island off the Yucatan Peninsula.

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And Acapulco. For the luxurious privacy of Las Brisas. Where rooms are a village of pink and white casitas each with its own private pool. Elevators are jeeps. Roads are hallways. And there's absolutely no tipping allowed.

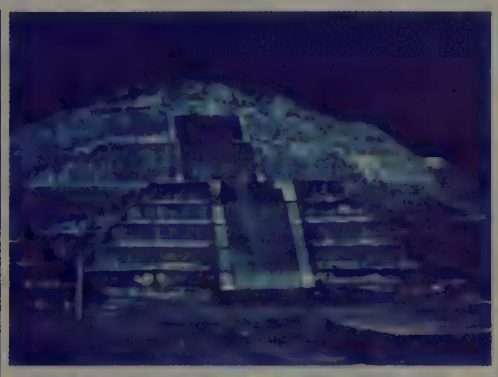
We call it More Mexico for Less. You'll call it unforgettable. For reservations, call your travel agent or

Hughes Airwest

Western Airlines

*Prices quoted are per person, double occupancy, April 16, 1978—December 18, 1978, based on an exchange rate of 22 pesos to the dollar and are subject to change without notice. Room, food and beverage taxes not included. Children 18 and under free when sharing parents' room (room only). Other lengths of stay available on request.

WESTERN INTERNATIONAL HOTELS



MEXICO CITY

City of ceremony, pageantry, tradition. Showcase of a cultural heritage known throughout the world.

CAMINO REAL
3 days, 2 nights, $65*

The only complete resort hotel in the center of the city. Four pools. Rooftop tennis. Ten restaurants, lounges, live disco.

Price includes welcome cocktail. Daily American breakfast, English newspaper. Half-day city tour. Maps of the city and Chapultepec Park. One night's cover at Cero Cero lounge.

PUERTO VALLARTA

A tropical paradise. Where people are still unhurried. Life, unspoiled. Vacations, unforgettable.

CAMINO REAL
3 days, 2 nights, $65*

The only resort hotel in Mexico with five penthouse suites on the eleventh floor, each with its own pool. Private beach. Pool with swim-up bar. Tennis.

Price includes welcome tequila cocktail. Dinner with glass of wine at La Perla restaurant. Tour to Yelapa. Tennis.

QUIET:

Honda portable generator at work.

Whether you're camping, fishing, boating or relaxing in your home on wheels, the Honda EM-400 generator makes things easy for you. Power to do various jobs. Where you want it. When you want it. And does it all quiet as a mouse (well, almost).

400 watts of power can run a lot of things. Charge car batteries. Run low-watt appliances. Supply juice for power tools. Turn on your TV. A real boon in emergencies when other power sources let you down.

The Honda EM-400 has a 400-watt maximum AC rating. 300 watts continuous. The unit weighs only 39 lbs. Starts easy. Has an automatic choke. And gives four hours of continuous power on a half-gallon of gas. No premix needed. The price? Only $299.* A great value when you consider its versatility. And your peace of mind.

Honda has other generator models up to 3500 watts. For portable power, Honda's the name for dependability. See the Yellow Pages for your nearest dealer or call us collect at (213) 381-2201. Then go see him.

HONDA
Power Products

For optimum performance and safety, we recommend that you read the owner's manual before operating the unit. Observe all campground regulations. © 1977 American Honda Motor Co., Inc.
*Manufacturer's suggested retail price.

Before you go through Customs

Going through Customs, while never a glorious experience, is not something the first-time foreign traveler need dread. Here are some reminders along with some news on duty-free shopping.

The news is the recent revision of a list of handcraft categories: items that can be brought into this country duty-free by travelers returning from over 90 developing nations. They include 2,700 locally crafted objects such as China figurines, wood furniture, games played on boards, musical instruments, printed matter, jewelry, and woodcarvings.

The list is included in the Generalized System of Preferences (GSP) in recognition that purchases by American visitors can provide valuable foreign exchange for developing countries, mostly in South America, Africa, and Asia. For specifics, write to District Director of Customs, San Francisco 94126, for the free pamphlets *GSP and the Traveler* and *Know Before You Go.*

A change in California law will save much liquor from going down the drain at the Mexican border. Anyone driving from Mexico into California can now bring back 1 quart of liquor—a privilege formerly limited to bus and airline passengers.

Basic regulations. Each traveler is allowed to bring in, without paying duty, foreign purchases costing $100 or less if he has been out of the country 48 hours or more. You will pay duty on purchases that push you beyond the $100 exemption, but inspectors charge on items with the lowest duty rate.

You can use this exemption once every 30 days. Visitors to the U.S. Virgin Islands, American Samoa, and Guam have a $200 exemption; travelers out of the country less than 48 hours have $1[illegible]

Prohibited goods include some firearms, drugs, plants, wildlife.

Easing your way through. If you're taking out of the country any new-looking foreign-made property, such as an expensive camera or binoculars, it's wise to register it with a Customs office before you go abroad.

On your flight home use the airline declaration form to list all purchases, including gifts, you are bringing into the United States. (You can make an oral declaration if their total value is less than $100.) Pack all foreign purchases in one suitcase with verifying sales slips.

Your local Customs office can answer any specific questions.

SUNSET

Showing off your new diesel pickup.

Ol' Gib who runs the filling station doesn't impress easy. But the sight of your new GMC sure did bring him out of his chair. After all, it was his first chance to get a look at one of this country's first diesel-powered pickups—and a *V-8* diesel at that.

Of course, you don't have to tell Gib a thing about diesels. He knows all about 'em from the 18-wheelers. Like how simple they are: no spark plugs, points, condenser, rotor, distributor, carburetor or catalytic converter to fuss with.

And talk about engine maintenance. Why, according to the owner's manual, all you have to do is change the oil and filter every 3,000 miles in normal operation, and give the crankcase ventilation a check every 6,000. Now that's easy to live with.

And the benefits don't stop there. EPA mileage estimates are impressive. 20 mpg city. 27 mpg highway. These ratings were achieved with the new 5.7 litre diesel engine and standard automatic transmission. Your mileage depends on how you drive, where you drive, your truck's condition, and its available equipment. Note: GMC pickups are equipped with GM-built engines produced by various divisions. See your dealer for details.

One more thing. As old Gib knows, diesel fuel traditionally costs less. In July, 1977, diesel fuel was 10¢ per gallon less than unleaded regular gasoline, according to the Office of Energy Information and Analysis Report dated 9/77.

So be one of the first. See your GMC dealer and ask him about the new GMC diesel pickup.

GMC

Nothin' goes truckin' like a GMC.

BILL ROSS

Orange County

Music Mobile goes to third-grade classes with a taped program on the orchestra and an accompanying demonstration by Philharmonic docents. Then children get to try donated instruments

Oakland

Museum on Wheels is a "tactile van" presently housing an exhibit on fiber. Inside, students touch various materials, learn their uses

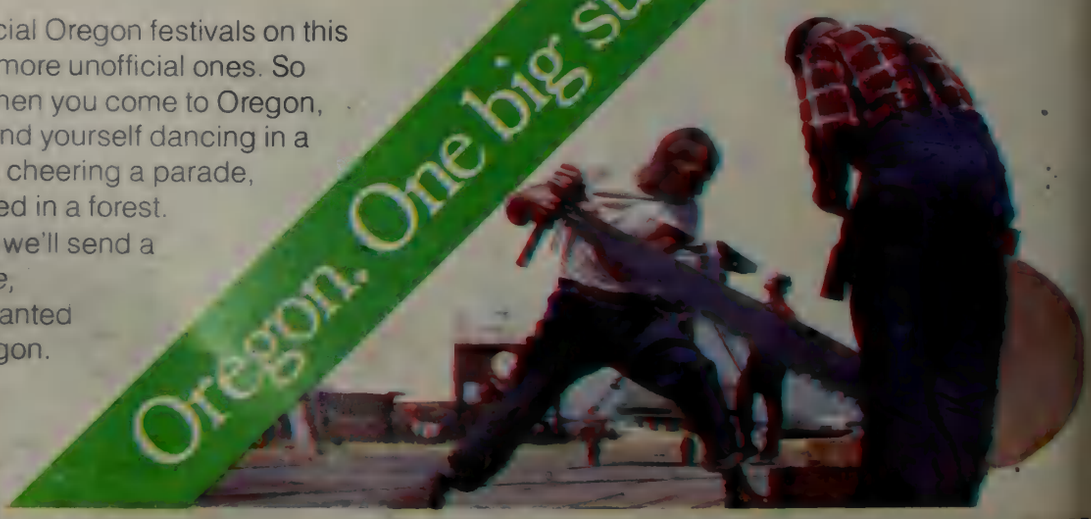
You are cordially invited to a festival.

Oregon.

Oregon. One big surprise after another.

World Champion Timber Carnival, Albany (July 1-4

If there's one thing Oregonians love, it's celebrating. And we have the festivals to prove it.
All sizes, colors and styles.
In fact, there are forty-five official Oregon festivals on this year's calendar. And dozens more unofficial ones. So no matter what the season, when you come to Oregon, don't be too surprised if you find yourself dancing in a street, sampling exotic foods, cheering a parade, or listening to Vivaldi performed in a forest.
Mail the reply card today, and we'll send a free *Oregon Surprise Package*, plus everything you've ever wanted to know about festivals in Oregon.
Or write Travel Information Section, Room 7118, Dept. of Transportation, Salem, OR 97310



Taking art to the children . . . in Orange County and the Bay Area

utbacks in school art and music pro-rams worry not only parents but the rger community as well. The three roups pictured here have done some-ing about it: Using vans, trucks and uses donated or leased by sponsoring rganizations, they bring music and art children at no cost to schools.

he Philharmonic Music Mobile is on e road in Orange County three days a week visiting up to five classes a day. Volunteers present a half-hour program about the orchestra, and at the end children actually get to play the instrument of their choice. According to coordinator Lois Tingler, "There's a moment of wonder when a child makes her first musical sound. Before long she's racing from one instrument to the next."

JERRY FREDRICK

The de Young Museum Art School in San Francisco sends two Trip-out Trucks to city schools three days a week with artists and lessons on painting, drawing, masks, puppets, weaving, jewelry, ceramics, calligraphy, and banners. Says one artist-teacher, "We want the kids to overcome their inhibitions, to see that there are no right answers in art, that satisfaction comes from their own ability to create."

Unlike the "no-touch" policy at most museums, Oakland's Museum on Wheels encourages children to handle its displays. Suspended from walls and ceiling, masses of rope, netting, silk, grasses, and fur are meant to excite the senses and stimulate questions for the volunteer guides. "After watching our caged spider spin its web and trying their own skill with a loom, the kids see resemblances they've never realized," says a docent. The van will soon be stationed at the museum two days a month for public viewing. For more information about it, call (415) 273-3819. □

San Francisco
Trip-out Truck transports local artists and supplies into the classroom

Alpenfest, Joseph (Sept. 22-24)
The alpine setting for this Swiss-style festival is at the base of the majestic Wallowa Mountains in northeastern Oregon.

Oktoberfest, Mt. Angel (Sept. 14-17)
An annual autumn event patterned after the famous Munich festival, featuring outdoor folk dances, German food concessions, a parade, art shows, and an authentic biergarten.

Lebanon Strawberry Festival, Lebanon (June 1-4)
This festival, honoring one of the area's major agricultural crips, includes a queen and court, dances and parades, and features the world's largest strawberry shortcake.

Oregon Shakespearean Festival, Ashland (Feb. 3-early April, June 10-Sept. 17)
One of the greatest events of its kind in America. Shakespeare-under-the-stars in an Elizabethan Stage-house. Classical and experimental works by other famous playwrights are regularly presented in two additional theatres.

Peter Britt Music and Arts Festival, Jacksonville (Early Aug.)
At the historic Peter Britt estate, classical music is performed in a forest by an orchestra of fifty musicians from throughout the West.

Pendleton Roundup, Pendleton (Sept. 13-16)
One of the country's most famous rodeos attracts leading competitors from throughout the world. An Indian pow-wow and other colorful activities are also featured.

Portland Rose Festival, Portland (June 2-11)
Oregon's largest community festival, featuring stage performances by famous entertainers, auto races, a ski meet on nearby Mt. Hood, an international rose show, and the Grand Floral Parade, with flower-covered floats and marching bands from around the nation.

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BILL ROSS

Digging into the past, *he's taking notes from an 1880s' ledger at Laguna Niguel branch; behind, other researchers peruse records on microfilm readers*

Digging into the National Archives

Not all of our nation's historic documents and records are in Washington, D.C. Many are scattered about the country in 11 regional branches of the National Archives, including four in the West at Seattle, San Francisco, Los Angeles, and Denver.

Established in 1934, the National Archives has inventoried an astonishing collection of government paperwork dating back to 1716, and archivists are still cataloguing an estimated 16 million documents in storage.

Many of the records in the regional branches are on microfilm, including the papers of the Continental Congress (1774 to 1789), a draft of the Constitution annotated by George Washington, the Matthew Brady collection of Civil War photographs, and census schedules from the first one in 1790 up to 1900. (Census records on microfilm are in great demand these days as Americans search for their "roots." Each branch has census records covering its region.)

The Western branches also have extensive records from the Bureau of Indian Affairs as well as original land grant records and federal court records from early statehood.

An audiovisual section of the Archives looks after the nation's historic films, recordings, and photographs. Some can be seen and heard at the regional branches; the original broadcasts of Tokyo Rose, for example, are available at San Francisco.

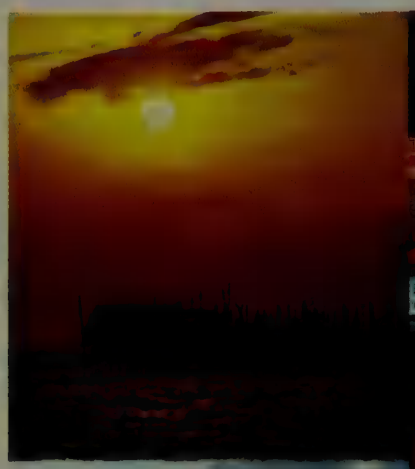
Each branch has microfilm readers on a

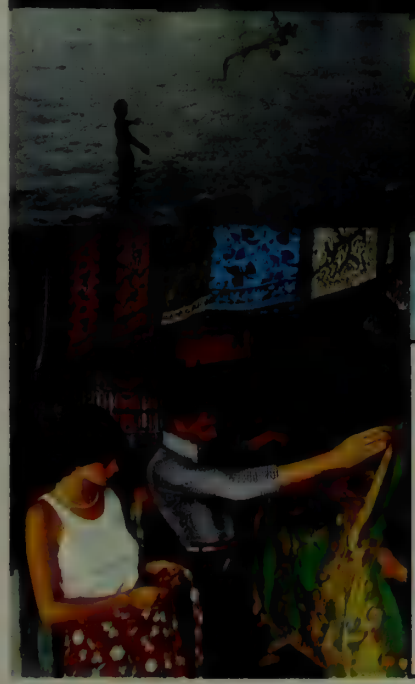
Memories are made in Singapore

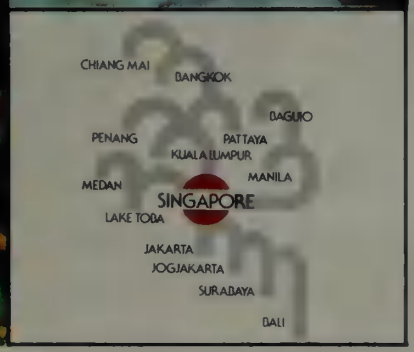
5.30 am
Watched fishermen haul in the day's catch at a kelong — enjoyed a longtong breakfast in a kampong. Everyone spoke English.

6.30 am
Watched the dawn break over the East Coast Lagoon. Admired the Singapore skyline of this clean, green city.

9.00 am
The Market or the Mosque? — what a choice. The Market at Geylang was exceptional. They were practically giving away their Batik. Bought wooden clogs to match all for $10.







1.00 pm
Had Tim Sum lunch at an Emperor's Palace. 32 delicacies served by Chinese handmaidens.

4.00 pm
Visited a tropical sanctuary of over 7,000 birds of different species. Saw the Chinese and Japanese gardens. Singapore is the only place where you can be at two places at once.

7.00 pm
Was transported to Raffles Hotel in a trishaw for dinner. Had a famous Singapore Gin Sling.

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BILL ROSS

Ziggurat-style *archives building is easy to spot in Laguna Niguel, a town near San Juan Capistrano*

first-come, first-served basis (at Seattle and San Francisco, some readers can be reserved in advance by mail). There may be a time limit if others are waiting. A variety of photocopying machines, including one that makes paper copies from microfilm, is also available.

Helpful references at your local library

To help you zero in on what records you might want to look up, the Archives publishes guides to its holdings. At a public library you can look through the *Catalog of National Archives Microfilm Publications; Guide to the National Archives of the United States* (which, besides listing microfilm, also describes maps, motion pictures, still pictures, and sound recordings); and *List of National Archives Microfilm Publications in the Regional Archives Branches.* Another pamphlet of interest to those researching their family history is *Genealogical Records in the National Archives.*

Another little-known service of local libraries that have microfilm readers: With just your library card as identification, you can ask the librarian to borrow one to four rolls of microfilm from the National Archives in Washington or from any of the regional branches. When the rolls arrive, you can peruse them at your convenience.

Branch addresses, hours

On your first visit to a regional Archives branch you'll be asked to show identification and complete a short researcher application. Then you're issued a card good for two years. A staff member will help you find the records you need and demonstrate the microfilm reader.

Seattle: 6125 Sand Point Way NE, Seattle 98115; (206) 442-4502. Hours: 8 to 4:30 Monday through Friday. Has records for Alaska, Washington, Oregon, and Idaho including Alaska's territorial records from 1884 to 1959 and the Sir Henry Welcome papers with 1880s pictures of the Pinchon Indians.

San Francisco area: 1000 Commodore Dr., San Bruno 94066; (415) 876-9001. Hours: 7:45 to 4:15 weekdays. Records for northern California, Hawaii, most of Nevada, and the Pacific islands and territories, including documents from the

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STEVE W. MARI

Archive technicians *file tax returns in overflowing San Francisco branch; groups can request a tour through this area*

Bond Security Administration that su pervised the migrant camps of the 1930

Los Angeles area: 24000 Avila Rd Laguna Niguel 92677; (714) 831-424 Hours: 8 to 4:30 weekdays. Stores doc ments for Arizona, and Southern Cal fornia, including photographs of th Mission Indians from the early 1900s.

Denver: Building 48 (Fifth Ave. an North St.), Denver Federal Cente Denver 80225; (303) 234-5271. Hours 7:30 to 4 Monday through Friday Stores records for Colorado, Montana the Dakotas, Utah, and Wyoming, in cluding surveys of the territory before i was opened to settlement.

Reproductions for sale

Various pamphlets at the regiona branches detail films, photos, and re cordings sold by the Archives. On set of recordings called "Voices o World War II, 1937-1945" include FDR's fireside chats, speeches o Churchill and Hitler, and an H. V. Kal tenborn analysis of the Japanese attack on Pearl Harbor ($5.25 to $16 per tape). You must order them from Washington.

Reproductions of historical documents are also sold by the Archives; write to the Publications Sales Branch (NEPS), National Archives, GSA, Washington, D.C. 20408 for the pamphlet *Documents from America's Past*.

The National Archives also publishes a quarterly journal called *Prologue* ($8 per year) that features articles on American history and culture and a regular column for family and local historians. Write to the address above. □

Moving is having to say "hello."

For a six year-old, moving away can seem like the end of the world. She's sure she'll never find friends as nice as the ones she's leaving behind. And won't it be strange coming home to a house so different from the one she's known?

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But the Caribbean sun is just one of our star attractions. We have the variety of our All Star Variety Shows. (You'll never see the same act twice.)

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And if you'd like to get into the act, you can limbo under the stars. Be the star of the show on Talent Night. Or if you want to star in a little romantic drama, you can take the hand of someone special and go for a moonlight stroll along the Promenade.

Join us. We offer two uniquely different two-week cruises—to eight excitingly different ports of call. Aboard Sun Viking and Nordic Prince. Plus, a seven day idyll aboard the enormously popular Song of Norway.

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Air/Sea Program Accommodations subject to prior sale.

Quail, coyotes, and us . . . two new books

New books on the California quail and the coyote present fascinating yet sobering accounts of how our presence affects the creatures who live beside us on the West's diminishing open space.

California's jaunty state bird

Professor A. Starker Leopold teaches zoology and forestry at U.C. Berkeley, and his book *The California Quail* (University of California Press, Berkeley 1977; $14.95) is mostly devoted to solid technical material on our native quail. Much of it is directed at the serious birdwatcher or the rancher, home owner, or community with enough land to provide quail cover. But it also includes some fascinating passages of history and anecdote.

The approach here is unemotional for the most part, but makes quite clear that the quail and his shrubby habitat are suffering badly from our presence. Leopold outlines many ways, all of them easy to accomplish, whereby we can encourage and protect the jaunty bird.

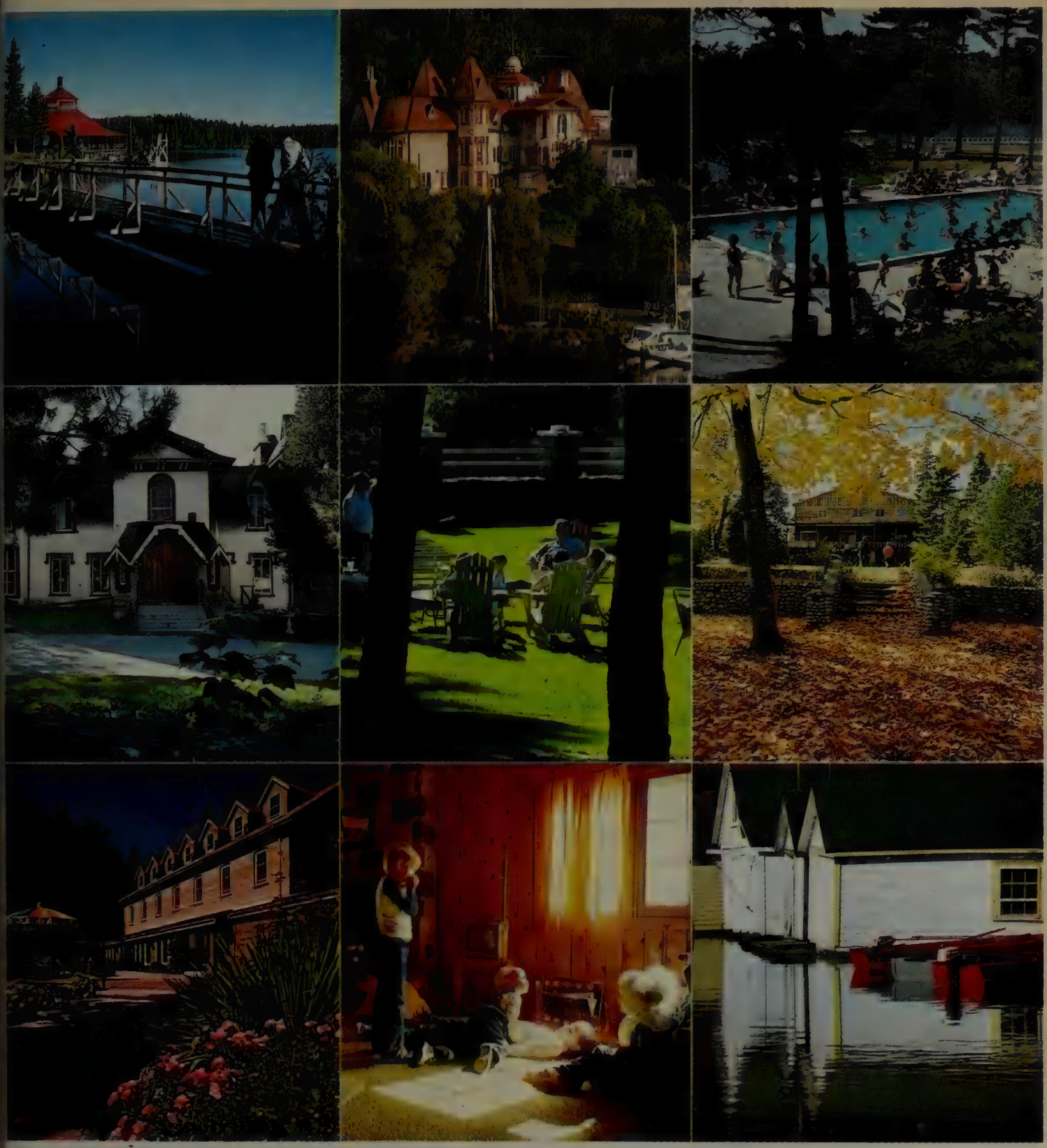
Quail require a bit of cover for protection and nesting, reliable water supply and a growth of low, leafy weeds on which to feed. Farmers who will allow more brush on their land and suburbanites who set up feeding and water stations near brushy ravines and creeks can help quail return and flourish.

The coyote enigma

He's trapped, poisoned, and shot for his wily ways. Does he deserve it? François Leydet tells the coyote's story in *The Coyote: Defiant Songdog of the West* (Chronicle Books, San Francisco, 1977; $7.95).

This is a frank book that must have been painful to research and write. It's a narrative of the author's studies and encounters with coyotes in the Southwest and how these clever animals coexist (or don't) with man and his range animals. There are no villains and no real heroes either—just the reality of atrocities on both sides, stories of poison and traps that injure or kill innocent wildlife instead of sheep-killing coyotes and coyotes tearing helpless lambs to pieces.

Much of the text consists of quotations from sources and on-the-spot accounts making it lively, graphic reading for anyone with an interest in wildlife.



Still Moments

Absolute tranquility – pausing on a woodland path to listen to the myriad sweet sounds of the forest, paddling over motionless mirrored blue skies, or simply lounging, soaking up the sun, and if you tire of that, the chance to sail, hike, golf, ride, play tennis, shuffleboard, enjoy shore-lunches or barbecues, and, come nightfall, make new friends in the cozy company of a roaring fire, or be one with nature outside, beneath the Borealis, the silence broken only by the loon's lonely cry – still moments, absolute tranquility, the North begins again. For more about resorts and northern adventure vacations, call COLLECT (416) 965-4008, or write: Ontario Travel, Dept. R., Queen's Park, Toronto M7A 2E5. We'll send you our Traveller's Encyclopaedia.

Ontario Canada

MICHAEL SPECTOR

Cars are few *on State Highway 94 as it meanders through rocky Jamul and San Ysidro mountains before rejoining I-8 near Imperial County line*

GLENN CHRISTIANSEN

Stern-faced *Benito Juarez statue in Tecate gets some repairs*

Each town *on our map has a gas station and often a store or cafe. Allow much of the day for a loop trip*

State Highway 94 along California's southern border is a scenic alternate to Interstate 8 for about 55 miles from San Diego to the Imperial County line. It can be a half-day or longer back country adventure before you loop back to San Diego on I-8 or continue on to Yuma, Arizona.

In spite of a bold beginning as an eight-lane freeway at Interstate 5 in San Diego, the highway dwindles to a two-lane byway in less than 12 miles. It ambles up and down through boulder-studded foothills of the Jamul and San

Rustic *candy shop in Boulevard has handmade confections in great variety*

East from San Diego, there's a pokier way

You two-lane it through boulder-studded foothills, Mexico close at hand on your right, the desert ahead, State 94 mostly to yourself

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$4481 is LeMans' manufacturer's suggested retail price including dealer preparation. Taxes, title, license, destination charges additional. Priced higher in California. And here's just a sample of all you get: More head, leg and luggage room than last year • New door and body seals to help seal out noise • Rich full-width cloth seats • Thick one-piece, cut-pile carpeting • Fully upholstered door panels • Deluxe cushion steering wheel • Concealed windshield wipers • New color-accented, soft-bumper design • New crosshatch grille • Radial Tuned Suspension and much, much more. Price LeMans. Price all our Pontiacs at your Pontiac dealer.

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MICHAEL SPECTOR

Tile-browed *four-story hotel, a surprise in tiny Jacumba, caters to hot springs clientele*

Ysidro mountains toward the desert, past white fences of thoroughbred farms, cattle grazing next to the highway, occasional produce stands, and creeks bubbling to the surface at Dulzura, Potrero, and Campo.

At one point between Potrero and Campo, State 94 dips within 200 yards of Mexico. A 2-mile side trip takes you across the border to Tecate, a more relaxed town than frantic Tijuana.

Leg-stretching stops and side trips

Tecate, Mexico. Turn south at State 188 for 2 miles to the border crossing and town. A slow-paced village atmosphere prevails here with a few curio shops, restaurants, and the Tecate brewery (tours by appointment for groups of 15 or more; telephone 903-354-1316). The well-known weight-control spa, Rancho La Puerta, is just west on the outskirts of town.

Potrero County Park. At Potrero, turn north on Potrero Park Drive for less than a mile and then follow signs east to the park. You can picnic and walk on a self-guided nature trail. Overnight camping is $5 (hook-ups) or $4 (no hook-ups). For campsite reservations, telephone (714) 299-2267.

Campo. Some determined pioneers, the Gaskill brothers, made good use of plentiful rocks from nearby hills when

Quiet day *in Dogpatch near Mexico. This is all of it; just one store*

Nearly a century ago, Paul Masson aged his premium wines slowly and patiently at this mountain winery. Nearly a century later, we still do.

Nothing good happens fast.
Paul Masson

Paul Masson Vineyards, Saratoga, Calif. © 1977

How to love your first cruise.

If you've had just about enough of friends' bragging about their cruises, we'd like to help you toward taking one of your own.

At Norwegian Caribbean Lines, we've taken more people on their first cruise than any other line. In fact, 3 out of 4 of our passengers are first-timers. (We also carry more repeat passengers than any other line.)

If you're concerned about the price, relax. At NCL, we invented contemporary cruising – one class, unstuffy, and fun. Today, we're still #1, taking more people to the Caribbean than anybody. And our cruises still cost less than most resorts.

The ship you choose can make a big difference. On some, everything's old except the paint. All four of our ships – the Southward, Starward, Skyward, and Sunward II – are sleek and new and designed for Caribbean cruising. With open, sunny decks and modern staterooms with private baths. Our Norwegian officers insist on dazzling cleanliness from stem to stern.

Then there are the ports. At NCL, we offer more islands to choose from on one-week cruises than any other line. Places like Nassau, St. Thomas, Jamaica, and eight others. (One of our cruises is the only one from Miami that gives you five ports in seven days.)

Some cruise lines have complicated sailing schedules. Ours couldn't be simpler. We have three different one-week cruises to choose from, plus one 3-night and one 4-night. All sail from Miami every week, year 'round.

How do you get to Miami? The NCL Cloud 9 fly/cruise system jets our passengers round-trip to Miami from most major Pacific cities via Western Airlines DC-10 Spaceship with stretch-out comfort, free movies and complimentary champagne. Cloud 9 is the most popular fly/cruise in the country.

With NCL, the food is extra-special, too. Three lavish meals a day plus a gala midnight buffet every night. There's entertainment every night in the nightclub, parties, movies, non-stop fun. And it's all included in the price of your ticket.

There's much more. It's all in our new full-color 28-page NCL cruise book. It's yours for the asking at your travel agent's.

Remember NCL. We want you to take your first cruise with us. And love it.

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Because you're no stranger to paradise.
he Kahala Hilton.
In Honolulu, not far from Waikiki.
ut serenely apart.
Effusing the most uncommonplace experiences
n this joyous island.
Come revel in the Kahala Hilton.

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FOR RESERVATIONS CALL YOUR TRAVEL AGENT
OR HILTON RESERVATION SERVICE.

they built the stone store in 1868 as an impregnable fortress to discourage robberies by roving outlaws. In 1875 they successfully defended themselves in a locally famous bandit raid. The multipurpose store also served as post office, bank, and stage station: It is now used as a community center (usually locked).

Lake Morena County Park. Turn north at Cameron Corners for about 3 miles on County S1 (Lake Morena Drive). You can fish, rent a boat (weekends only, April to October; $3 a day), camp ($3 a night), or picnic.

Boulevard. Slow down or you'll miss the Wisteria Candy Cottage with enough confections to satisfy the most discerning sweet tooth. Candy is made on the premises and the variety includes 17 kinds of divinity, hand-dipped chocolates, nut brittles, fudge, and other temptations. Hours are 7 to 7 daily.

At Boulevard, you can head north on State 94 for less than a mile and join Interstate 8. Or continue straight ahead (east) on Old Highway 80 for 10 miles where you'll have another opportunity to get on the freeway.

Bankhead Springs. The town is for sale —all 212 acres of it. But if you're not in the market for real estate, the reason to stop is the family-style Basque restaurant. On Sunday afternoons it attracts many San Diegans for a dinner of ribs and chicken served from 1 to 9. A different entrée is served each evening from Tuesday through Saturday, 5 to 9. Reservations are advised for Friday, Saturday, or Sunday dinner; (714) 766-4663. It's also open for lunch Tuesday through Saturday (closed Monday).

Jacumba. The town has slumbered for over 125 years since its days as a stage station in 1852 on the Old Plank Road, the original route between San Diego and Yuma. Its name is Indian for "hut by the water." The hot springs resort Hotel Jacumba still attracts visitors who want to take the waters. □

MICHAEL SPECTOR

Help yourself *to homemade soup in Bankhead Springs' Basque restaurant*

Three of the reasons so many people are buying Ford Fairmont.

Most room for the money of any car or wagon.

Based on official government EPA interior volume index and sticker prices.

"Our family is getting bigger, not smaller."

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EPA estimates - 33 mpg hwy, 23 city. With 2.3 litre engine and 4 speed manual transmission. Your actual mileage may vary according to how and where you drive, your car's condition and optional equipment. Calif. ratings lower.

"These days, the higher the better."

Lowest sticker price of any mid-size car.

2 door sticker prices start at $3,589. Model shown is $3,757 excluding title, taxes and destination charges.

"We'd love it even without the low price."

At Ford, the better ideas keep coming. FORD FAIRMONT

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Small Wonder.

New Porta Potti® II. Amazing features in a super-compact package.

Space limited? Then the new Porta Potti II portable toilet is the answer. Sized to fit easily in vans, tent campers and boats—wherever space is a problem. And with all the features you look for in a larger portable . . . at a super-compact price.

"Small wonder" describes this new-generation portable toilet. Sanitary. Odorless. 100% self-contained. So you never have to use public facilities.

And what an array of beautiful features! Exclusive Micro Rinse® flushing rinses the entire bowl clean. Uses less than a cup of water to flush from its own self-contained fresh water supply. Lightweight for easy carrying. And the holding tank detaches for easy emptying.

Beautifully styled Porta Potti II is available in eye-pleasing gold and white, or sandstone and white at your Porta Potti® dealer.

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City _____ State _____ Zip _____

Glacier-formed lakes *in gentle terrain of Ontario lack drama of Western alpine waters, but offer limitless routes for canoeists to paddle and portage; hats and eeves (below) protect against heat, insects*

After lunch break *it's time to get paddling again before afternoon breezes increase lake's choppiness*

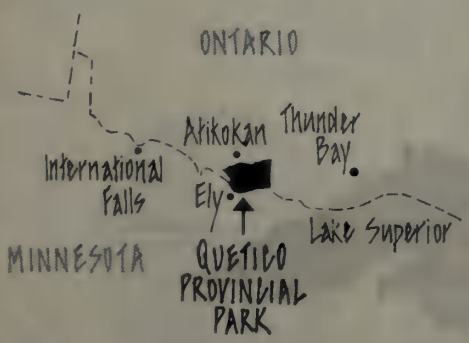
Wilderness canoeing in a 460-lake Canadian park. It's best to reserve ahead

n portage, *canoe is more bulk than weight. 'erson at front guides. Organize our gear in largest carryable bundles*

The canoeing and lakeside camping in Ontario's Quetico Provincial Park may be the best in North America.

This is one of the few wilderness adventures you can begin almost empty-handed; outfitters can supply you with all the gear you need if you don't bring your own. If you are interested enough in canoeing to make it the reason for your summer vacation, read on.

Ice Age glaciers scoured across the granite of the Quetico, digging out a jigsaw maze of 460 lakes and waterways in what is now a 1,840-square-mile park. A thousand feet between neighboring lakes is considered a long portage. It's this great variety of routes that attracts today's voyagers.



Canoers' park, *Quetico lies on Ontario side of border with Minnesota*

There's also the chance to enjoy woods and water that are unsullied by crowds. Entering the park from Canada, on the first day we saw only three other canoeing parties. By dusk around a crackling fire the only other sounds were the haunting cry of the loon and the plop of northern pike falling back into the lake after supping on the evening hatch.

In the Quetico there won't be a marina or water skiers around the next point. Ontario has taken strict measures to protect this wilderness. Motorboats are banned from all but a few lakes, and by next summer the ban will be total. All nonburnable food and drink containers are forbidden.

There are, however, some midsummer conditions here that Western canoeists

(Continued on page 108)

KAUAI. THE BEAUTY OF

The moment you arrive, the Garden Isle becomes a vivid visual ambush. There are more lush native flowers, trees and birds to capture the eye here than any of the other Hawaiian Islands.

The Garden Island offers visiting golfers and tennis buffs almost ideal conditions for year-round play plus some outstanding scenery which may become distracting if you're not careful.

Golfers can choose from four breathtaking courses, one of them selected by Golf Digest as one of the 100 Best Courses in America.

For those interested tennis, Kauai resorts offer the splendid potential for unlimited pl —no lines, no waiting- day or night. (To give y an idea, one place has 1 tennis courts, pro shop lessons—the works!)

Kauai has a quaintness that makes you feel time has turned back a decade or two. Most of the population is still clustered in small agricultural communities where the main streets are lined by rows of charming old buildings with weathered facades. These combine with lush jungle beauty to make Kauai a camera buff's paradise.

Hawaii's version of the Grand Canyon was not caused by volcanic activity or pure erosion as most people think. Instead it was the result of a fault that occurred long after the basic dome of the island had been shaped. Its multi-colored geological strata and deep rugged canyons make it one of Hawaii's great natural wonders.

Whenever something happens that Kauai people can't explain, you'll hear the word "menehune" mentioned. The old folks still talk about them with a twinkle. The young trade stories on their mysterious powers by the hour.

These legendary little creatures are said to be very skilled in stonework. The island has many heiaus (temples), dams and trails attributed to menehunes.

Historically, Kauai is unique. It is the only one of the larger Hawaiian Islands never conquered by King Kamehameha during his quest to unify the islands. It is also the only island to experience Russian rule—though only during the year 1816-1817. The old Russian fort is still standing.

Another interesting bit of history: 1978 marks the 200th anniversary of the discovery of the Hawaiian Islands by Captain James Cook!

Kauai has some of Hawaii's finest cultivated gardens. Wander for hours through jungle paths lined with orchids, hibiscus, palms and succulents, or stroll through acres of landscaped gardens and lagoons. Tours are a delightful blend of botanic information and local lore.

HAWAII STARTS HERE.

waii isn't just a single nd state, but eight ely islands, each with own story. Our heri- e reads like a world r—Chinese, Japanese, pino, Korean, Ha- ian, South Sea nder, English, Portu- se—all sharing tual peace and re- ct. We call it "The ha Spirit." If there's thing you take home m Hawaii, we hope is it.

Oahu is still the athering Place" for ve Hawaiian life. xury hotels, world

class restaurants, shopping and nightlife are a stone's throw from white sand beaches and dense rain forests. Downtown Honolulu is a delightful montage of modern office towers and wooden facades of early Hawaii. Oahu's North Shore contains some of the finest, fiercest surf anywhere. And for a bit of history, most visitors include stops at Iolani Palace and the Pearl Harbor Memorial. It's all part of the most sophisticated paradise in the world.

Maui has something old, something new for everybody: old-time whaling villages full of rickety charm, plus jet-set nightlife, golf, tennis and spectacular resorts.

Molokai, now with resorts, golf and tennis facilities, is still a place of innocence and natural beauty for those who really want to get away from it all.

Lanai, aside from its 15,000 acres of pineapple, contains 75,000 acres of desert, forest, valleys and beaches just made for exploring.

Hawaii is the Big Island for contrasts: 13,000 foot volcanoes tower over orchid nurseries while vast, low stretches of lava tumble into black sand beaches. Here, activities like golf and fishing seem less like common sports and more like exotic experiences.

"Island-hop" in no time by plane or hydrofoil, and try to see a bit of each. After all, when you see one island of Hawaii, you've really only seen one.

START YOUR KAUAI VACATION WITH WESTERN AIRLINES.

Western offers a beautiful choice of Kauai vacation trips. These samples include midweek Economy airfare roundtrip om San Francisco, Oakland or San Jose; all taxes and ervice; and are per person, double occupancy. With our lander Service and complimentary Champagne for adults, e've got a good thing going to Hawaii!

days/7 nights, Kauai Condominium, from $487

One-bedroom units feature on-the-beach location, 10 night- ghted tennis courts. Includes you-drive car, unlimited nileage for 7 days (gas extra). Daily departures. (TWA-CUHKB3)

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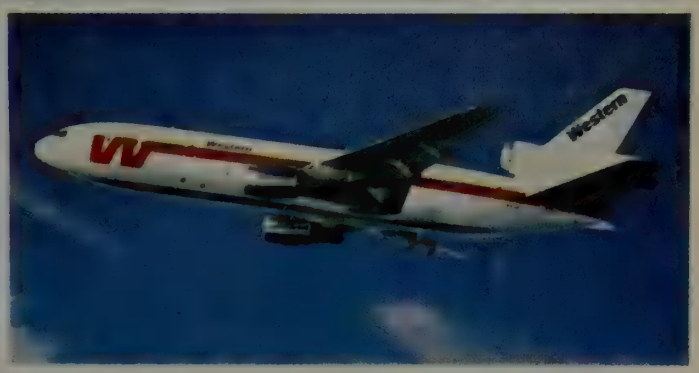
ee your Travel Agent or mail coupon for more information.



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I'd like to visit Kauai. Please send me FREE color brochures for:
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ENIT

may find less to their liking than in closer-to-home waters. Midday humidity and heat glare off the water and the aluminum canoe can bake you like a foil-wrapped potato. Even in the heat you should cover up to protect against sunburn as well as mosquitoes and blackflies. An insidious cousin called the canoe fly comes along for a free ride and reciprocates by annoying you during the paddle. Last July they were observed wriggling into shoe eyelets and probing through socks to bite feet.

Ashore, choose campsites where there will be some breeze and the ground is drier. At night a tent with a zippered net flap is essential for protection from insects. Nurturing the lush summer greenery is a rainfall (averaging over 8 inches June through August) that is much higher than in most of the West.

Entry quotas. To better distribute canoeists and to equalize visiting through the season, park officials started a quota system last year. Some visitors—mostly at U.S. entry points above Ely, Minnesota, on weekends close to holidays—were turned away. At the four Canadian entry points near Atikokan, Ontario, 50 percent of available permits are allotted to those who write ahead (no less than three weeks before a planned visit). Or take your chances when you get there for the other half of the permits (sold on a first-come, first-served basis). All entry at the three U.S. points is by reservation only. Use fee is $3 per canoe per day.

Outfitters. Principal Canadian gateway is the small town of Atikokan, where any of several outfitters can supply you with food, cookware, utensils, canoes, tents, and bulky Duluth packs for portaging—for about $20 per day per person. The cost of a guide adds $45 a day.

Outfitters can arrange for your entry permits and will drop you off and pick you up after the trip. If you have the necessary gear but just want to rent a canoe, it's $8 a day.

Canoeing season. It's quite short, from May 15 to September 15. Early and late in the season you can expect some light snow, but generally drier weather and fewer insects. Through June is the best fishing. July through August, it's hot but the swimming is pleasant. By September, swimming is over and the leaves start to turn.

Atikokan is flanked by two gateway cities, each less than 3 hours away: International Falls, Minnesota, and Thunder Bay, Ontario. Both have air service to Minneapolis and Chicago.

For information on outfitters, entry permits, maps, and brochures (be sure to ask for "Canoe Routes of Quetico Provincial Park") write District Manager, Ministry of Natural Resources, Atikokan, Ontario, Canada. □

"THIS WINTER WE DID SOMETHING TO CUT ENERGY COSTS YEAR ROUND."

Mr. and Mrs. [illegible] Staubach, [illegible] Texas

"In recent years, we've done a lot of little things to try to save energy. Always with the same result. Our fuel bills have gone up anyway. So this winter we did a big thing. We put in a Year-round One heat pump air conditioner from Carrier.

"Already the Year-round One has cut our heating bills. This summer it should save us even more energy on cooling.

"Currently, we're building a new, larger home for our family. We'll heat it and cool it entirely with Carrier heat pumps. Given the energy situation, we think it's the only way to go.

"And given Carrier's expertise in both air conditioners and heat pumps, we think Carrier is the only way to go.

"Cut your fuel bills, too. See your Carrier Certified Heat Pump dealer."

WE CAN'T CONTROL THE WEATHER. BUT WE CAN HELP YOU CONTROL ITS COST.

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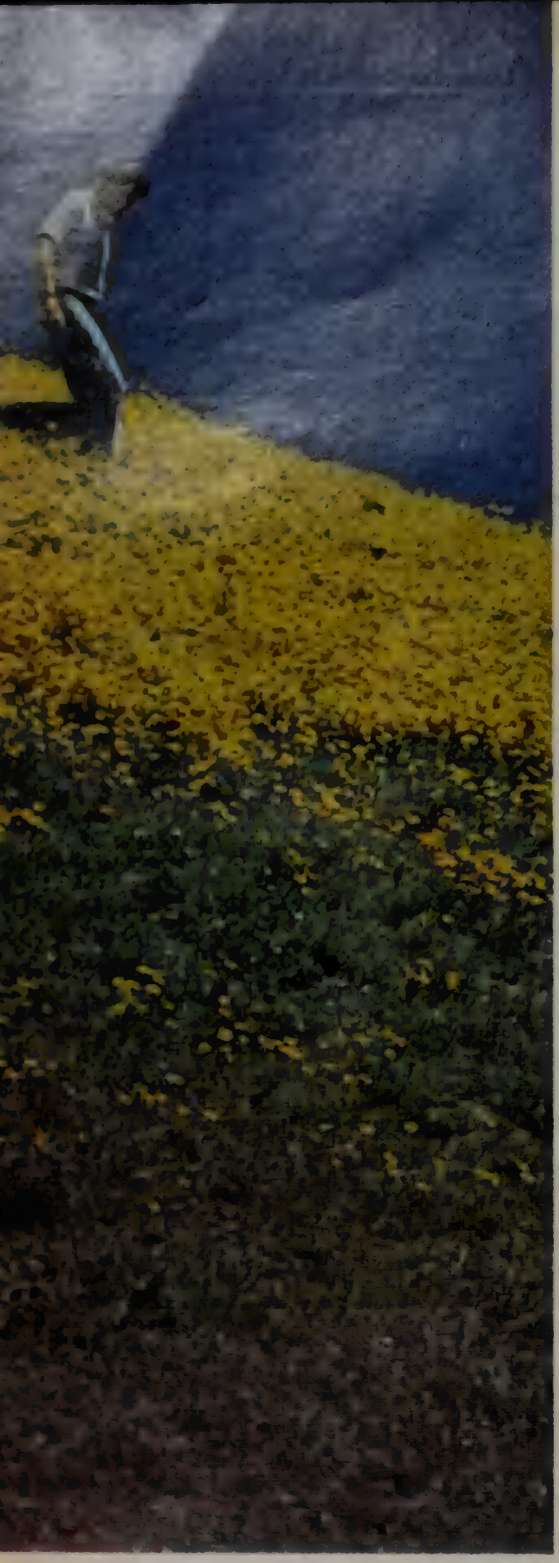


A rolling wave *of poppies and coreopsis crosses hills above aqueduct*

Coreopsis *looks thick, but there's room to step lightly on Lake Hughes hillside*

Purple whorls *crown chia's slender but sturdy stalk*

Middle-of-the-road *picnic didn't crush carpet of goldfields near Fairmont. And no car came by*

Walking in wildflowers

100 minutes or so from downtown Los Angeles...
1978 looks awfully promising

BILL ROSS

Wildflower bouquet *clings to sandy hillside high above Antelope Valley. Flowers (all common) are yellow coreopsis, California poppy, purple thistle sage, and chia*

Talk to an old-timer and you'll despair n your search for wildflowers before ou begin. Gone are Aprils of only 50 ears ago when delicate blue gilia cov- red California's high desert valleys like reat fallen pieces of the sky's vault, and oppy fields stretched for miles all over e state, almost painfully bright when ey opened for the sun.

ut there are still spectacular enclaves f color in Southern California that rival nnual wildflower displays anywhere in e world. The marvel is that they con- nue to hold out against grazing, the low, and the spread of roads and houses the high desert open spaces of the ntelope Valley only 80 miles north of Los Angeles—just on the outskirts of the megalopolis. But for how long? The Antelope Valley may be the San Fernando Valley of the future—home for perhaps millions.

Californians concerned about preserving wildflowers have focused on this area for years. Since *Sunset's* last major report on wildflowers 14 years ago (April 1964), their greatest success has been the dedication in 1976 of the Antelope Valley California Poppy Reserve.

"Poppy Park" is now 2 square miles of prime wildflower fields on the Antelope Buttes and is still growing; land acquisition continues, and a groundbreaking for an interpretive center should take place early next year.

Elsewhere in Southern California the West's two finest native plant botanic gardens continue preservation efforts on a different tack—not land acquisition, but careful cultivation and even some hybridization in spectacular garden settings. April is the most colorful month at Santa Barbara and Rancho Santa Ana botanic gardens, and visitors have a great chance to identify flowering plants they can also see in the wild.

Painted hillsides, popular buttes, quiet backroads

Wildflower predictions are always chancy. There are just too many factors

Tidytips *bloom in foreground at Rancho Santa Ana beneath snowy Old Baldy and Mount Ontario. Also visible: redbud (center), ceanothus 'Julia Phelps' (far right, purple)*

Santa Barbara *Botanic Garden puts on a good poppy show in Meadow Section. Also here: sea dahlia (yellow), Salvia sonomensis (purple), and other sages*

BILL ROSS

olved—temperature, amount and ning of rainfall. But 1978's heavy nter rains should bring a profusion of rly April flowers, with peak bloom ting several weeks. Phone the Lanster Chamber of Commerce, (805) 8-4518, for a daily report.

ril is usually a balmy month, but ng a sweater to ward off afternoon ll or sudden winds. Remember, too, t poppies begin closing in midafteron or earlier if the wind comes up.

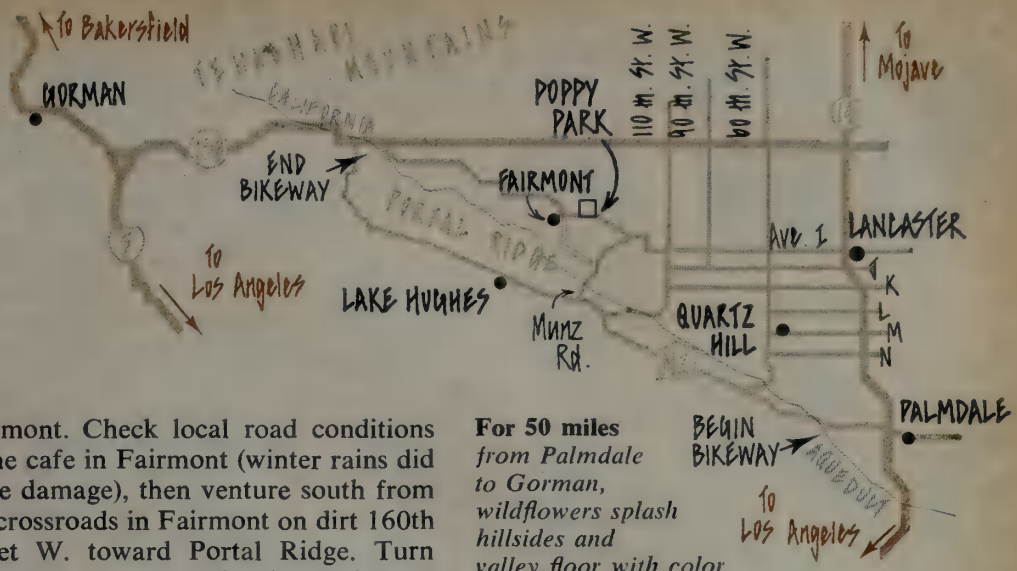
ldflowers in the Antelope Valley n't limited to hillsides in or near ppy Park, but any tour usually begins re. We outline a one-day tour beging in early morning at the park, then ng south into rolling grasslands crissssed by dirt roads.

ppy Park is 15 miles west of Lanter on Lancaster Road (old Highy 138). Approaching from Los Anes on the Antelope Valley Freeway ate 14), turn west on any avenue beeen Avenues N and I. Avenue I is the st direct route to Lancaster Road and reserve; the others will force you to some northward jogging before ching the park, but you may see wer fields other visitors miss.

proaching from the northwest on I-5, n east near Gorman on State 138 and 15½ miles to Lancaster Road.

e reserve straddles the prominent telope Buttes less than a mile east of irmont (nothing more than a cafe and gas station). As you drive, look for buttes beside the road and turn ard the poppy fields on dirt 150th eet W. Carloads, even busloads, of rists have congregated in the poppies e for years. In recent seasons, visitor nbers have dropped off for lack publicity and less-than-spectacular ws (even though the fields were glous in 1977). Last year we counted y 30 visitors on an April Saturday noon. Better yet, come on a week—or at least early in the morning. purposely don't picture the park; its nge sea of poppies has long been a iliar picture-postcard spot.

get to lesser-known fields, drive back to Lancaster Road and on west to Fairmont. Check local road conditions at the cafe in Fairmont (winter rains did some damage), then venture south from the crossroads in Fairmont on dirt 160th Street W. toward Portal Ridge. Turn left on San Francisquito - Fairmont Road. You'll drive through rolling, color-splashed grasslands and rejoin pavement in 3.5 miles at Munz Road.



For 50 miles *from Palmdale to Gorman, wildflowers splash hillsides and valley floor with color*

Brushstrokes of purple, usually thistle sage, chia, or clumps of lupine, wash across hillsides. Explore side roads and you'll find a tiny, daisy-like flower called goldfields in such concentrations that the road becomes two tire tracks through a mat of yellow.

Rattlesnakes are occasionally seen; keep a close watch for them.

For help in identifying the area's wildflowers, consult *California Desert Wildflowers,* by Philip A. Munz (University of California Press, Berkeley and Los Angeles, 1975; $3.95). You can pick up a copy at the Lancaster Wildflower Center in the Fairgrounds on Avenue I just east of town; open March 25 to April 30, Thursday through Sunday, 10 to 4. Paintings and flowers will also be on display.

Stretch your legs—and perhaps discover a field all your own

Most of the Antelope Valley is private land, so obey signs and leave no sign of your passing and picnics. Although privately owned, thousands of acres are unfenced, with flowers right beside the road. You can often wend your way toward distant patches of color by car and eventually by foot. Only a handful of visitors will see many of these fields, and a field that blooms wildly one year may not bloom at all the next.

In the open desert, try also to stop and investigate color on foot. As Mrs. Jane Pinheiro, a longtime Antelope Valley conservationist and painter told us, "I've had people come up to me in the desert and ask 'Where are the wildflowers?' . . . and they've just driven through 40 miles of them!"

Ride a bike by an aqueduct

Since our 1964 article, the California Aqueduct was slashed across Portal Ridge foothills near the park. The bikeway along its service road makes an untrafficked lane for viewing wildflower fields. Our photographs on pages 110 and 111 were taken near its path.

You can begin a bike ride on the aqueduct road along a 26-mile stretch beneath Portal Ridge wherever a paved or dirt road crosses over it. Try starting at Munz Road and the aqueduct; go about 5 miles west and return.

Drive into mountains to see the coreopsis show

After joining Munz Road from the dirt road south of Fairmont (or by driving east from Poppy Park), go south over the summit toward Lake Hughes. Here we hiked on hillsides covered with great fields of yellow coreopsis. □

Wildflowers in captivity . . . in Santa Barbara, Claremont

erlatives are always used regarding thern California's two California native t botanic gardens. Both are in arkable settings, tucked into the flanks brupt mountain ranges. Both have inest native plant collections in the t, perhaps the world.

t either to see some of the same plant munities you'll encounter in the elope Valley environs—or simply to y a spectacular show of wildflowers, ming shrubs and trees. Both are n every day, 8 to 5, except major days.

Santa Barbara Botanic Garden is high up in Mission Canyon; follow signs directing you to the mission from U.S. Highway 101, then look for Botanic Garden signs pointing the way uphill to the gardens on Mission Canyon Road. In the Meadow Section near the information office there'll be nice displays of poppies, clarkias, coreopsis. Explore the entire garden for many examples of April color from all over the state.

Rancho Santa Ana Botanic Garden is in Claremont on a broad mesa beneath the San Gabriel Mountains. Take Interstate 210 (which becomes Foothill Boulevard) to Indian Hill Boulevard. Or take Interstate 10 to Indian Hill Boulevard and go north to Foothill. From the Foothill and Indian Hill intersection go east ¼ mile and turn left on College Avenue to the garden.

Acres of ceanothus, with its bursts of tiny blue flowers draping grayish-green foliage, highlight the garden, along with manzanita and a large experimental garden of Pacific Coast hybrid iris—some with flowers 6 inches across.

1 · *Frances Atencio begins making hundreds of sopaipillas each day by thinly rolling the dough*

Golden pillows of fried bread are a famous New Mexican specialty known as *sopaipillas* (so-pa-*pee*-yahs). To learn how to make this Southwest classic, we asked Frances Atencio, owner of El Paragua Restaurant in Espanola (north of Santa Fe), to share her expertise.

There are several different recipes for sopaipillas. Mrs. Atencio uses a springy yeast dough flecked with bits of whole wheat flour to make her fried bread exceptionally light and puffy. It's an easy dough to work with and can sit in the refrigerator overnight. Next day, you simply roll, cut, and fry the dough, watching the pieces puff up into pillows. Then serve the bread hot and fresh.

Sopaipillas can be eaten plain, drizzled with honey or syrup, or sprinkled with cinnamon-sugar or powdered sugar. You can also split and stuff them with savory fillings for sandwiches and appetizers or serve them filled with fruit and cream for desserts. Other dessert ideas include sopaipillas dipped into a warm cinnamon syrup or torn and mixed with syrup and apples for a version of bread pudding (recipes on page 213).

New Mexican Sopaipillas

- 1 package active dry yeast
- ¼ cup warm water (at 110°)
- 1½ cups milk
- 3 tablespoons lard or shortening
- 1½ teaspoons salt
- 2 tablespoons sugar
- About 4 cups all-purpose flour (unsifted)
- 1 cup whole wheat flour
- Salad oil

2 · *She cuts it into rectangles. Corners needn't be perfect—that's part of the charm of sopaipillas*

3 · *Fried in hot lard or oil, they quickly explode into big puffy pillows, forming a cavity inside*

Hot and fresh *is how sopaipillas taste best. Here they get an approving whiff from Luis Atencio*

So-pa-*pee*-yahs from New Mexico

Frances Atencio of Espanola makes them for us. Fried, they explode into fluffy bread pillows

n a large mixing bowl, dissolve yeast in he warm water. In a pan combine milk, ard (does not need to melt), salt, and ugar; heat to 110° and add to dissolved east. Beat in 3 cups of the all-purpose our and all of the whole wheat flour. Vith a heavy-duty mixer or a spoon, dd more (about ½ cup) all-purpose lour until a stiff sticky dough forms. 'urn dough out on a floured board and nead, adding more flour as needed, ntil dough is smooth and nonsticky.

'lace dough in a greased bowl; turn over o grease top. Cover and let stand at oom temperature 1 hour. Punch dough own. If you're not ready to cut and fry he dough now, cover and chill as long s overnight.

Knead dough on a lightly floured board to expel air. Roll dough out, a portion at a time, to slightly less than ⅛ inch thick. Cut in about 3½ by 5-inch rectangles (or 3-inch squares for appetizers). Place on lightly floured pans and lightly cover. If you work quickly, you can let cut sopaipillas stay at room temperature up to 5 minutes; otherwise, refrigerate them until all are ready to fry.

In a deep wide frying pan or kettle, heat 1½ to 2 inches salad oil to 350° on a deep-fat frying thermometer. Fry 2 or 3 sopaipillas at a time. When the bread begins to puff, use a slotted spoon to gently push the portion of the bread where the air bubble is developing into the hot oil several times—to help it puff more evenly. Turn several times and cook just until pale gold on both sides, 1 to 2 minutes total. Drain on paper towels.

Serve immediately or place in a warm oven until all are fried. Or if made ahead, cool, cover, and chill or freeze. To reheat, bake, uncovered, in a 300° oven, turning once, just until warm, 5 to 8 minutes. Do not overheat or they will become hard. Makes 2 dozen large sopaipillas or about 4 dozen small ones. —*F. A., Espanola, New Mexico.*

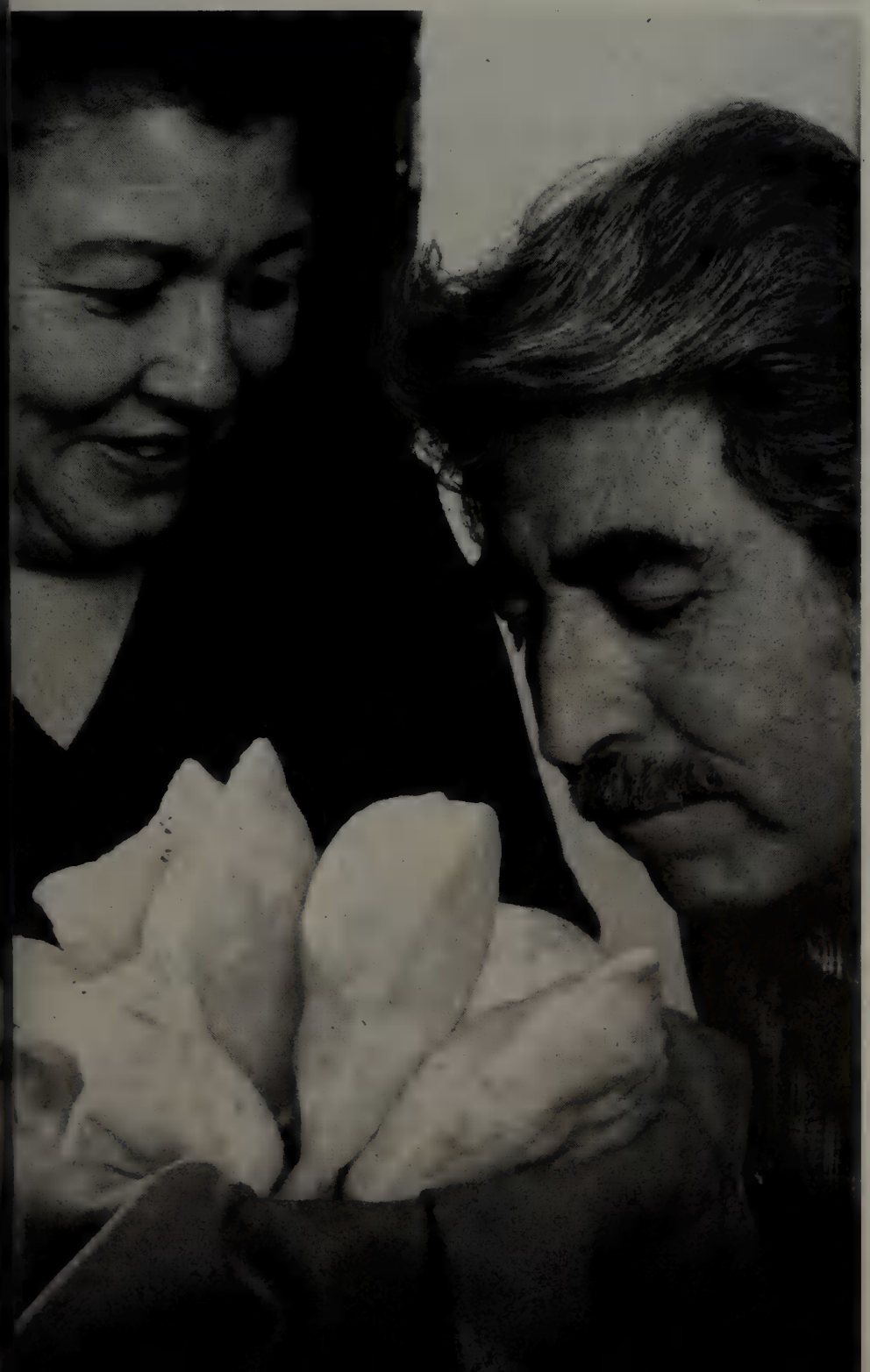
Stuffed Sopaipillas

Sandwiches. Make your favorite taco or sandwich filling; you'll need about ½ cup for each sandwich. You'll also need large sopaipillas (heated or at room temperature) and condiments, if you wish, such as shredded lettuce, shredded jack or Cheddar cheese, chopped tomatoes, guacamole, sliced green onions, or taco sauce. To eat, split sopaipillas along one long side and stuff with filling and condiments of your choice.

Appetizers. Cut small sopaipillas in half diagonally to form triangles. Stuff each triangle with a rounded tablespoon of your favorite taco filling (choose one that holds together well and is not too moist, such as bean and chile or beef and cheese). Cover and chill, if made ahead. To serve, bake, uncovered, in a single layer in a 325° oven until hot, about 15 minutes.

Desserts. Split warm or room-temperature sopaipillas along one side or cut in half. Offer lightly sweetened sliced strawberries, diced papaya, or diced mangoes and sweetened whipped cream flavored with grated lemon peel, if desired, to spoon into sopaipillas. You'll need about ½ cup fruit and 2 to 3 tablespoons whipped cream to fill each large sopaipilla. □

DON NORMARK



DAVID STUBBS

Stuffed *with a beef mixture or your choice of fillings, small triangular sopaipillas make three-bite appetizers*

DON NORMA

Slicing through the pines, *triangular side walls flank a raised back deck that focuses outdoor activities to sunny south. Sta will eventually be built from deck to ground, but now the owners just want to enjoy their cab*

THREE AWARD-WINNING WEEKEND PLACES

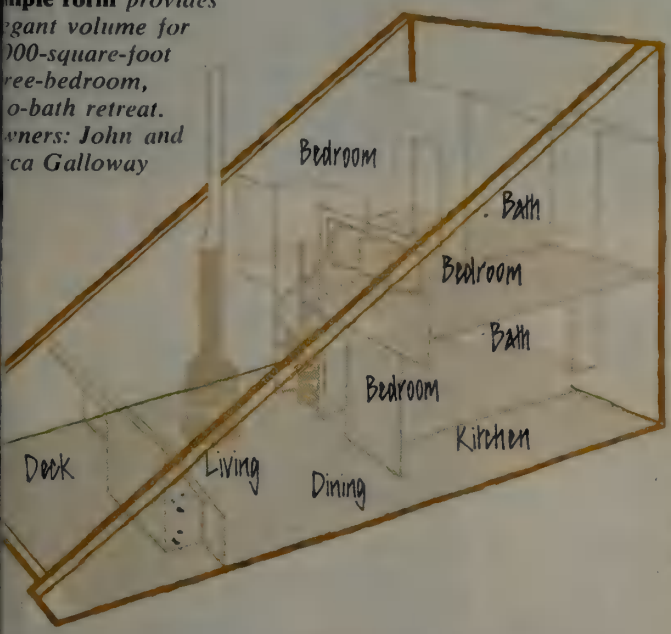
1· Big wedge ... with a cut-in deck on the slope side

NEIL KOPPES

Raw but roomy *interior uses plywood and hardboard walls, wood block floor, exposed-joist ceiling. The round, freestanding, steel fireplace was custom fabricated*

Girls' dorm *in loft has built-in beds, skylights that cut in under high point of roof. Loft lookout (below) can be closed off by pivoting graphic baffles*

mple form *provides gant volume for 00-square-foot ree-bedroom, o-bath retreat. wners: John and ca Galloway*



Streetside *right angle rises to 25 feet. Projecting two-story steel-clad core houses bathrooms and utilities*

wedge in the mountains, a pyramid the beach, and a shed-roofed cube the redwoods—the three vacation uses on these six pages show that bold ometric shapes can make successful d exciting buildings. Each won an ard in the 1977 American Institute of chitects - *Sunset Magazine* Western ome Awards program.

ramatic and in scale with the surunding tall pine trees, the wedgeaped cabin in Pinewood, Arizona, adesses all the requisites of the owners, e site, and the budget.

Phoenix architect William P. Bruder was asked to design a low-cost, low-maintenance, year-round mountain cabin for a family of six. Since the cabin was to be built on weekends and vacations by an owner with little construction experience, a rectangular floor plan and common building materials and techniques would help make the project successful.

To keep costs down, Bruder called for stud walls clad with plywood inside and out, an exposed-joist ceiling, the simplest of lighting fixtures, a prefabricated-steel spiral staircase, and vent panels rather than openable glass windows. Plumbing is simple: Pipes for both bathrooms and the laundry area run through a steel column on the street-side exterior (see the photograph directly above). The same kind of steel (it's designed to rust) also covers the roof.

Total construction cost for the 30-month-long project ran about $16,000. Owner John Galloway says, "Now that it's done it was easier than I expected, but it was sure a lot of work. I've satisfied my building needs for a while."

Sitting solidly *on a Northwest beach, this shingled pyramid is sliced open for windows and decks*

DON NORM

2 · Pyramid . . . on the beach on Whidbey Island

"I'll vote for the roof," was the comment of one juror who reacted to this pyramid-shaped beach house. And all the jurors agreed that its broad base seemed the proper response to the windswept site.

The weekend house Bruce and Judy Walker wanted on their property on Whidbey Island, Washington, had to occasionally accommodate large groups, while maintaining a comfortable scale for a family of five. Seattle architect Kent Johnson filled both needs by pairing a private master suite with a large bunk room for children and/or guests. He also separated a large group activity room from a second, more intimate living room. The centrally located kitchen acts as the house's control center.

Glass-screened decks extend the living space outside; where the decks end, the natural shoreline begins. Outside, the house appears to have few windows, and most of those are on the beach side where the views are the best. A few additional windows, carefully placed, fill the interior with daylight—a clerestory, for example, at the top of the truncated pyramid sheds light down on the stairwell and master bedroom.

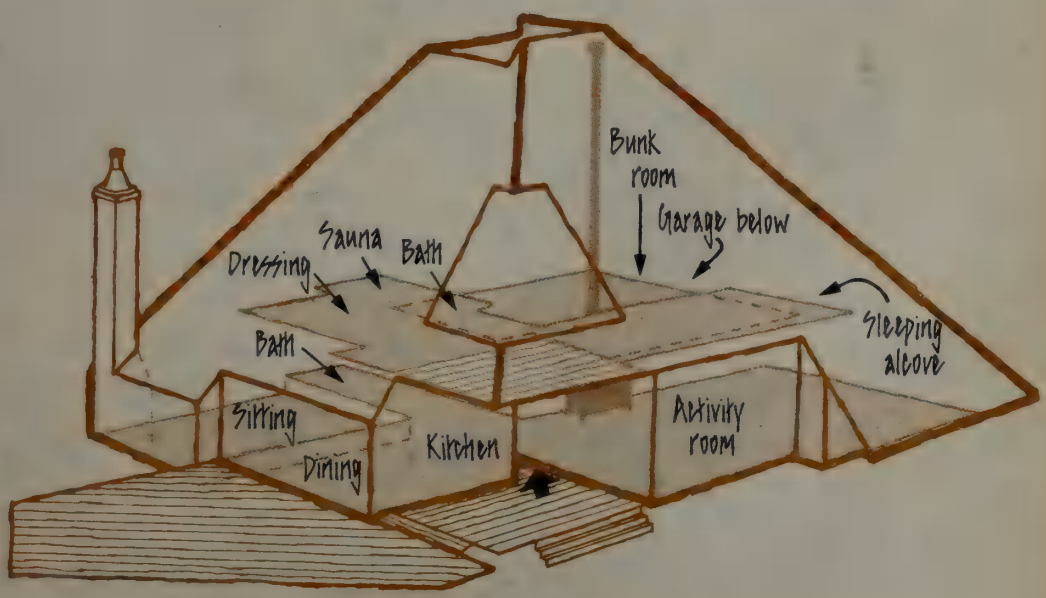
Inside, the house is a blend of highly finished components: fine cedar paneling and oak cabinets play against more rustic features like low-maintenance brick floors and crude logs hauled up from the beach and used as posts and handrails.

Cutout balcony *for ship and killer whale watching is off top-floor master suite. Flue pipe comes up through sleeping alcove from freestanding stove in first-floor activity room*

Tranquil times *are spent in the sunken sitting room shown above left. Brick fireplace anchors this corner of pyramid. At opposite side of house, livelier activities occur in family room pictured at left; lowered-ceiling section is floor of master sleeping alcove*

d's back entrance *is 4 feet nain level at original Firewood (far left) is n sloped corner where roof round. Dressing room, sauna (below) t of top-floor master suite*

Main level *is elevated 4 feet above grade to improve views. Other floors are terraced at 4-foot rises; bunk room is above garage, master bedroom sleeping alcove is above main level*



NORMAN A. PL

Soaring deck *reaches out to within 5 feet of property side line. Three other decks and four "pods" pinwheel off cube*

3 · Tall box . . . in the woods, just 20 feet square

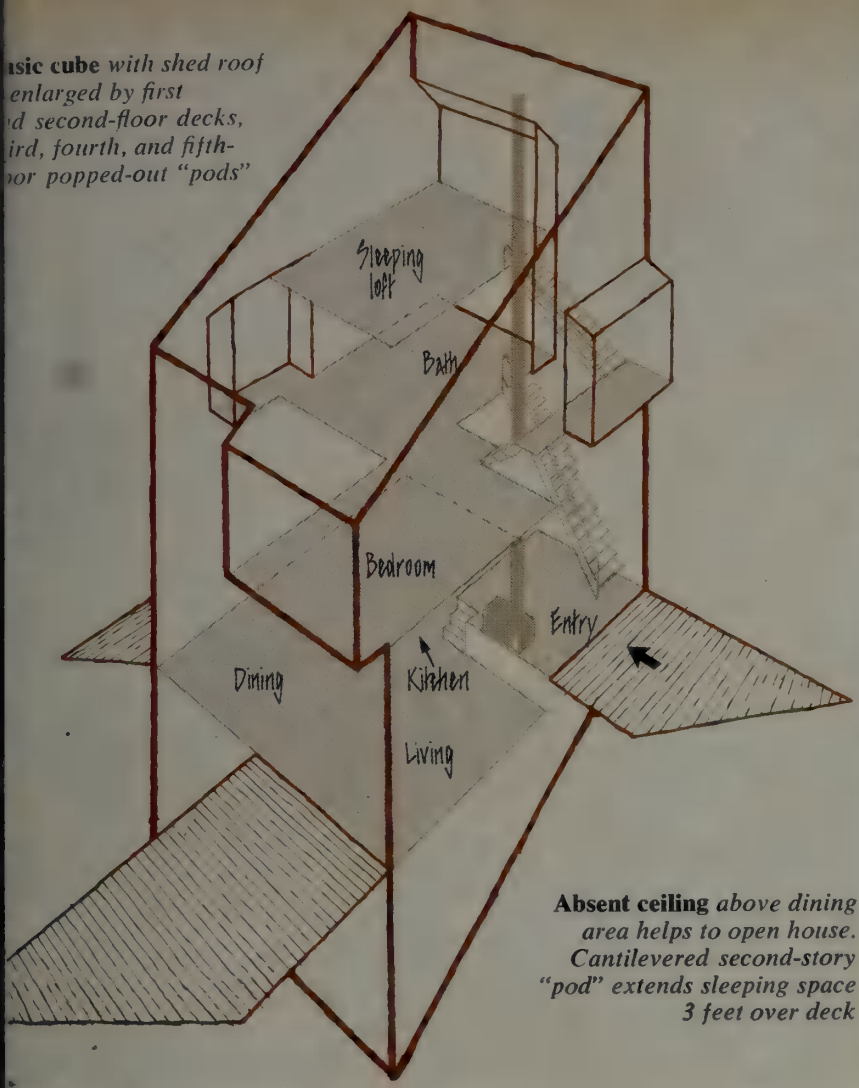
A tight budget and a tight 50 by 100-foot lot (tree-studded and flanked by two houses, a road, and a creek) dictated a vacation house of 1,000 square feet or less. Architect Steve Titus of Santa Cruz, California, found the award-winning solution in this five-level, 900-square-foot shingled tower. The real achievement is that the house seems much larger inside than it actually is: The foundation measures only 20 by 20 feet, the size of some living rooms.

At each level, the 20-foot limit is extended with decks or cantilevered, 3-foot-deep, shed-roofed "pods." These little enclosed projections add only 144 square feet, but coupled with a dramatically sloping laminated wood ceiling and an open stairwell, they make t basic cube form seem unrestricted. T spatial experiences the house off (rather than the materials use prompted one juror to comment: "Ve inexpensive, but still very rich."

Also, the house is set at a 45° angle the property line to take advantage the view to the creek and to help d solve the confines of the narrow lot.

The post you see in the photograph rectly at right continues to the roof a is located almost in the center of t house. Laminated 2 by 3's and 2 by (which make up the ceiling of the fi floor and the floor of the second) give clue to room size in the deceptive terior space: The area over the kitch for example, measures 10 by 12 fe Owners: King and Virginia Lear.

sic cube *with shed roof enlarged by first d second-floor decks, ird, fourth, and fifth- or popped-out "pods"*



Absent ceiling *above dining area helps to open house. Cantilevered second-story "pod" extends sleeping space 3 feet over deck*

DON NORMARK

ertical post *marks approximate center of 20 by 20-foot use. Changes in level define "rooms." Crossed steel rods d lateral support in lieu of interior wall*

She's climbing up *open stairwell to top loft. Note the hole in wall behind her; it leads to exposed hot-air return duct running down back of house (far right)*

PETER O. WHIT

Airy trellis *of ⅛ by 1-inch strips nailed to a 3 by 5-foot frame supports Armenian cucumber and screens off street traffic and neighbors. Plants began climbing on strings leading from small stakes to the support frame of 2 by 4's. Long stems, heavy with fruit, were draped back down when they approached the top of the trellis*

She carefully eases *heavy cluster of 'Beefsteak' tomatoes over ½ by 1-inch crossbar; this is one remarkably productive plant growing in the 2½-foot-square, 3½-foot-high frame. Cascading stems were trained without tying as the plant grew and covered the supporting structure*

PLANT SUPPORTS

Whimsy and know-hov get together in the vegetable garden

DARROW M. WATT

ortable 4 by 5-foot rack *of roughsawn redwood lath on 1 by 2 frame can be used to support sprawling ucumbers, gourds, melons, squash, or tomatoes—or to hade small transplants. A hinged 1-by-2 brace llows you to set rack at desired angle*

Latticed minigazebo *supports luffa and cucumbers; in spring it held vines of fall-planted snow peas. Four panels crisscrossed with ⅛ by ¾-inch-thick strips are suspended with string from 2-foot-high cage of 1 by 1's. Panels can be lifted to reach inside; another panel covers the top*

esigned to support climbing or sprawly egetables, these structures can also be sed for ornamental vines. They were esigned by an artist-gardener and two ndscape architects—combining prac-cal know-how, ingenuity, and now and en a bit of whimsy.

vines of beans, cucumbers, green eas, melons, squash, or tomatoes—or ematis, morning glories, or sweet peas -need support in your garden, let these evices trigger your imagination.

ou can easily adapt them to your own eeds and to materials on hand or adily available.

hree structures (the two on the oppo-e page and the one at right, above) ere designed and built by artist Ta Ta nook for training the vegetables in her rden in Santa Cruz, California. She ade them from surplus redwood ncing, using her band saw to rip the -inch-thick strips for the latticework. o make similar supports, you can also e slightly larger (⅜ by 1½-inch) red-ood lath, sold in lumberyards. For a illing charge, most lumberyards will o available stock into thin strips.

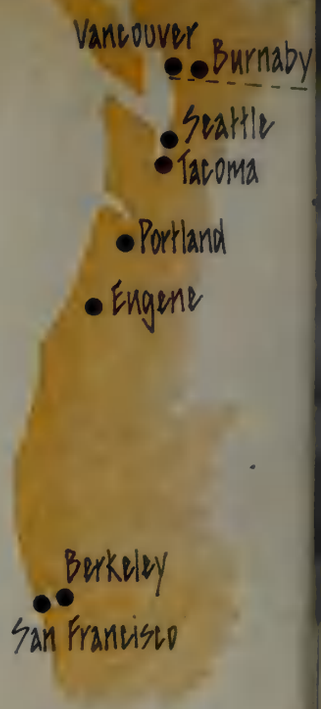
mong the best substitutes for narrow redwood lath or ripped strips are thin natural-colored split bamboo stakes available in some import shops. Stripped free of side branches and cured until dry (for greater strength), cut stems of golden or other bamboo from a garden also make excellent lattices.

Landscape architects Fred Lang and Kenneth Wood designed the lath rack and the two tepees shown below. Each should take only an hour or so to build. Instead of the materials used, the tepees could equally well be constructed of long bamboo poles, giant reed (*Arundo donax*), or strong, straight stems of any tree or large shrub. □

Two 8-foot-tall tepees *for pole beans or other high climbers. At left is five-legged structure of roughsawn redwood 1 by 1's, with crossbars tied about 3 and 5 feet above the ground. Mulberry limb tripod has cross members tied at 2, 4, and 6 feet. Set tepees 12 to 18 inches into the ground*

San Francisco to Vancouver... now to June

The rhododendron-azalea extravaganza



Nowhere else in the world—except possibly on the big estate gardens of England—are conditions as suited to growing rhododendrons for large-scale enjoyment as in the sliver of North America running from northern California to British Columbia. Cool damp weather, many overcast days, acid soil, and enthusiastic gardeners have helped the many public rhododendron gardens here flourish into some of the West's great spectacles.

Peak of bloom begins around mid-April in San Francisco, then moves up the coast in bursts of color—Mother's Day in Portland and Eugene to mid-June in Vancouver. Whether you visit just the one closest to your area, or plan a vacation around these gardens, their zenith of bloom is an astounding—albeit crowded—time to visit.

What to know before you go. In the group of plants that botanists call *Rhododendron* (which includes azaleas), there are over a thousand different species growing wild, mostly in the Northern Hemisphere of Asia. Added to nature's original collection are about 10,000 different hybrids that plantsmen have developed and recorded. You'll see plenty of hybrids in these gardens and some species plants too.

A notebook, pencil, and camera are essential gear when you visit the gardens. You're likely to see a rhododendron—possibly unlabeled—that you'll want to grow at home. And even if you can identify a rare plant, it may be impossible to find in a nursery. By taking a picture and noting the plant's approximate height and size of its leaves, you'll have some clues for your nurseryman.

San Francisco, Golden Gate Park: old, old hybrids. Rhododendrons grow throughout the park, but the collections are found in two areas: McLaren Rhododendron Dell and Strybing Arboretum.

Located between the Academy of Sciences and the Conservatory, the dell covers 18 acres. More than 3,500 plants represent over 300 kinds of rhododendrons. You'll see many huge old hybrids; some of them came from England to landscape San Francisco's Panama-Pacific International Exposition in 1915, then were transplanted to the dell. Be sure to look for the big old Loderi rhododendrons, famous for their basketball-sized, powerfully fragrant flower heads.

Strybing Arboretum has a fine collection of species. You'll be able to see rhododendrons from southern Asia and Malaysia that are much too tender to grow farther north. Hours: 8 to 4:30 weekdays, 10 to 5 weekends. Enter through the main gate on South Drive just inside the southern edge of the park.

Golden Gate Park is open at all hours; some of its roads are closed to vehicles on Sunday.

Berkeley, UC Botanical Garden: rhododendrons the size of oaks. Tucked into Strawberry Canyon in the hills above Memorial Stadium is a unique collection of rhododendrons. Some of them were gathered in the wilds of Asia as early as the 1920s and are now tree sized—60 feet high with trunks 4 feet around. Others have been acquired recently through trading arrangements with the People's Republic of China.

Well over 200 different kinds of rhododendrons are concentrated on 2 of the garden's 30 acres.

The garden is open 9 to 5 daily.

Eugene, Hendricks Park: noted for deciduous azaleas. Tall fir and oak trees, wide gravel paths, splashing fountains, and 6,000 plants (800 of them azaleas) make this 20-acre hilltop garden a wonderful place to stroll, picnic, and enjoy a sweeping view of Eugene and the Willamette Valley.

Portland, Crystal Springs Rhododendron Garden: other gardens tip their hats to this one. In 1945 the American Rhododendron Society was founded in Portland; in 1950 this exquisite garden was started. Its 6 acres are planted with 2,500 rhododendrons.

From the parking lot on S.E. 28th Street, head down a walk to a bridge that spans a ravine. Here you can look down on some large old species. Farther into the garden, another bridge takes you across a shallow inlet of Crystal Springs Lake to "the Island" and its really spectacular collection of hybrids, many of them large and old.

There's also a coolhouse here protecting some tender species including *R. arboreum* and *R. maddenii* (you can pick up a free ARS guide to the garden here).

Hours are dawn to dusk daily.

Tacoma, Point Defiance Park: old-fashioned hybrids. Rhododendrons grow all around the park, but there are really two gardens here. The old garden near the zoo is a small but handsome planting. The new section is the official garden of the Tacoma Chapter of the ARS and holds a collection of many good-sized hybrids and species that have been donated. This woodland garden is on the south side of the road as you begin the 5-Mile Drive.

The park is open 8 to 10 daily.

Seattle, University of Washington Arboretum: grassy promenade flanked by azaleas. Enter the arboretum at the south gate, just off Lake Washington Boulevard, and go ⅓ mile north. You'll find Rhododendron Glen on the west side of the road. Start your tour in this mixed collection of species and hybrids, then go north to Loderi Valley. The service road that you'll walk along is lined with rhododendrons.

Azalea Way, due to peak in mid-May, runs for ¾ mile directly through the middle of the arboretum. Don't stop here, however: All 200 acres of the arboretum are scattered with plantings of rhododendrons and azaleas, some dating back to 1940. The arboretum has approximately 860 different kinds of rhododendrons and azaleas and an estimated 5,000 plants.

The gates are open 8 A.M. to dusk.

Century Park, Burnaby, B.C.: like an English estate. Crowded onto 3 acres, 2,000 plants (most of them hybrids) produce an intense color display in mid-May. The Tudor-style mansion on the grounds, now a public art gallery, is well suited to this stately but charming garden.

Hours: dawn to dusk.

VanDusen Botanical Display Garden, Vancouver, B.C.: newest and best labeled. Newly established, this garden already has 2,000 plants representing 450 distinct hybrids and species. There are many rhododendrons at the parking lot just off Oak Street at 37th Avenue, but to see the collection, grouped according to ancestry, you must go inside the garden. It's open daily from midmorning to dusk.

University of British Columbia, Vancouver: the most rhododendrons. In all, there are over 15,000 rhododendrons and azaleas—more than anywhere in the West—on this campus on Point Grey. Thirty-five acres are devoted specifically to rhododendrons, including the new 25-acre Asian Garden where more than 300 species are represented.

To reach the Asian Garden, follow Marine Drive northwest. As you approach the campus, the road forks; follow the right fork about ¼ mile. The garden begins there, on the left side of the road. It's open 9 to 4 daily. □

Azalea Way, *it's called, in University of Washington Arboretum in Seattle. These 20-year-old Knaphill and Exbury azaleas join together for peak bloom in mid-May*

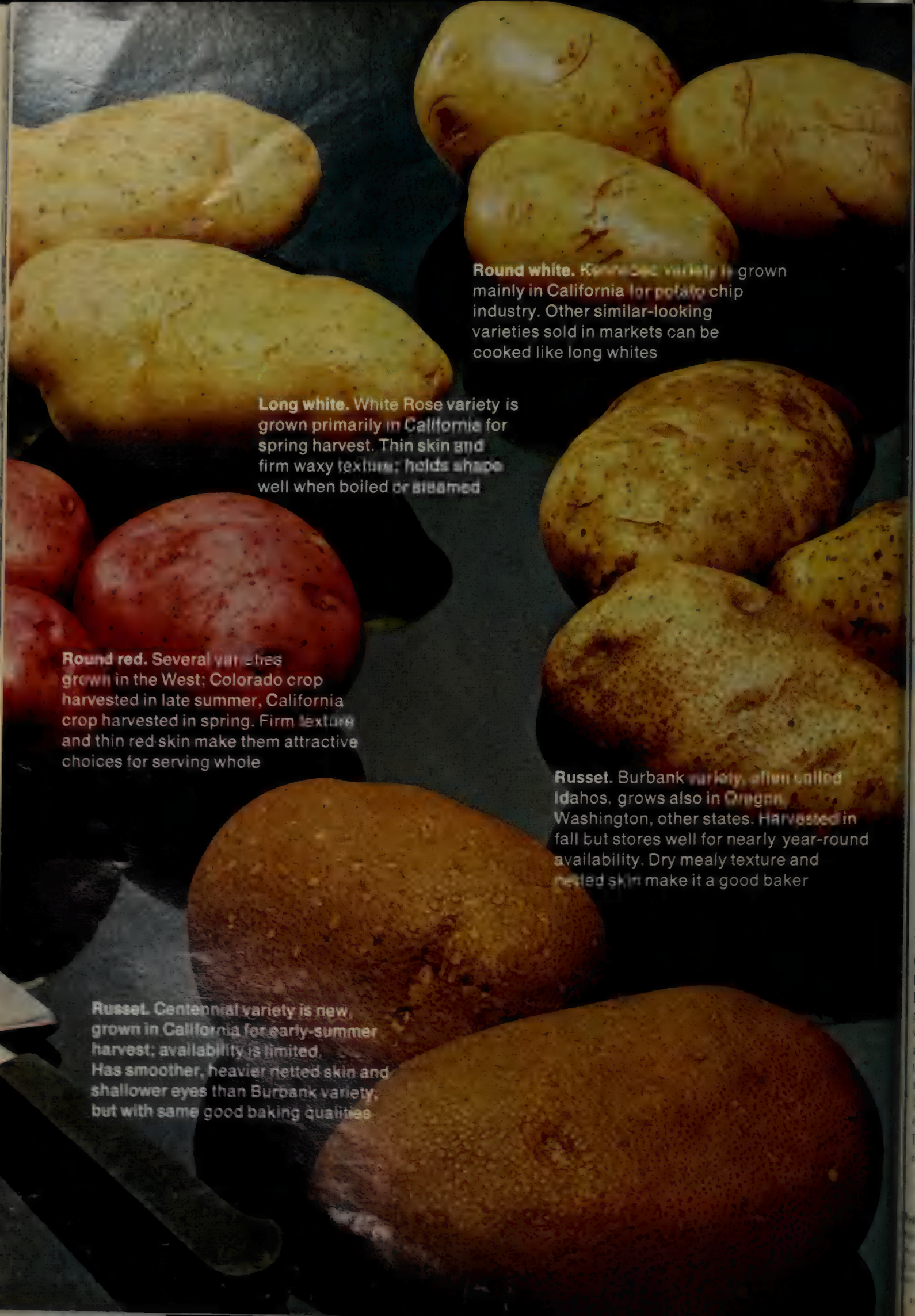
Perched *on branch tips, flowers bloom just as new leaves start to appear on deciduous Exbury azaleas at Eugene show*

DON NORMARK

Can you tell *them apart? Here are look-alike pink rhododendrons at Century Park in Burnaby, B.C. Girl touches cone-shaped flower truss of 'Cynthia'; at right with looser trusses is 'Holden.' In background is mass of 'Parsons Gloriosum'*

GLENN CHRISTIANSEN

Only *in San Francisco can you see the chrome yellow R. laetum (from New Guinea) or scarlet R. longiflorum —at Strybing Arboretum, Golden Gate Park*



Round white. Kennebec variety is grown mainly in California for potato chip industry. Other similar-looking varieties sold in markets can be cooked like long whites

Long white. White Rose variety is grown primarily in California for spring harvest. Thin skin and firm waxy texture; holds shape well when boiled or steamed

Round red. Several varieties grown in the West; Colorado crop harvested in late summer, California crop harvested in spring. Firm texture and thin red skin make them attractive choices for serving whole

Russet. Burbank variety, often called Idahos, grows also in Oregon, Washington, other states. Harvested in fall but stores well for nearly year-round availability. Dry mealy texture and netted skin make it a good baker

Russet. Centennial variety is new, grown in California for early-summer harvest; availability is limited. Has smoother, heavier netted skin and shallower eyes than Burbank variety, but with same good baking qualities

Potatoes . . . food for thought

Here is a rediscovery of the sometimes misunderstood potato clan

Next time you're served a plump potato, you might reflect a moment as you spoon on the sour cream or watch the butter melt. Potatoes provide plenty of food for such thought—fascinating origins, excellent nutritional value, and wide-open culinary potential.

Here is information to get you thinking, as well as help on buying and storing potatoes, basic cooking techniques, and recipes and simple serving ideas to make good use of this humble tuber.

Today Americans consume some 120 pounds of potatoes per person annually, with the West producing about 65 percent of that annual crop. We can all thank the Incas of Peru, who by most accounts were cultivating these fat underground stems as early as 500 B.C. Spanish conquistadors brought potatoes back to Europe in the 1500s, but it was over a century before they were accepted into the European diet.

Irish farmers were among the first to recognize the potato's worth, and it is Irish immigrants who are credited with introducing them into North America at a settlement in New Hampshire around 1719. Perhaps that's why many varieties grown in the Northeast are still called "Irish potatoes."

Over the years, many potato varieties have been developed and perfected and are now classified into four major groups by shape (round or long) and skin color (white, red, or russet brown); see the photograph at left.

From a culinary point of view, however, potatoes can be divided into the thin-skinned (the round whites, long whites, and round reds) whose similar firm waxy texture makes them best suited to boiling and steaming; and the thick-skinned (russets) with a dry mealy texture that adapts best to baking and frying.

Thin-skinned potatoes are grown almost entirely for fresh consumption (except for a few varieties grown for the potato chip industry) and do not store well.

In supermarkets you may see any of these thin-skinned types labeled as "new potatoes." This does not refer to a variety but to unstored potatoes that come to market directly from the field. With frequent diggings—beginning in spring in California and ending with Colorado's harvest in early fall—these smaller new potatoes are available most of the year.

Fall-harvested thick-skinned russets can be kept in storage for months and are found in your market nearly year-round. They're grown not only for fresh consumption, but for many commercial frozen, canned, and dehydrated potato products.

The Burbank variety of russets (named after Luther Burbank, who developed them), has dominated the markets for years. Other russets have been cultivated for competition: the Norgold, grown chiefly in Oregon and Washington, and the Centennial (shown in the photograph at left) from California fields.

As far as nutrition is concerned, the summer-harvested Centennial is a better buy in summer and early fall months than Burbanks that have been in storage since the previous fall. This is because a potato in storage for six months loses two-thirds of its vitamin C content.

Buying and storing potatoes

You'll probably have an intended use and type in mind when you're shopping for potatoes. If a recipe calls for a medium-sized boiling potato, it refers to a long white potato, weighing about 6 ounces; medium-sized baking potatoes, or russets, are a little larger (6 to 8 ounces). A recipe will frequently call for new potatoes in pounds.

Whatever potato you need, there are some guidelines you can follow in choosing the freshest and most nutritious available. Make sure potatoes are firm and smooth to the touch, with no wrinkles, sprouts, cracks, bruises or decay, or bitter green areas caused by too much exposure to light.

For easy peeling, select ones with regular shapes. And if you plan to cook several potatoes at a time, choose ones of uniform size.

It's best to buy only as many potatoes as you can use in one week. When you get them home, store them in a cool, dark, well-ventilated area, such as under the house or in a dark corner of the garage. Don't wash them before storing; don't store them in a nonbreathing plastic bag; and don't store them in the refrigerator,

What's in a potato may surprise you

The potato has suffered a "fattening" reputation for years. "Unfair!" say nutritionists as they point out that one average (6-ounce) potato has only 115 calories—about the same as a large apple, or ½ cup cottage cheese, rice, noodles, or bran flakes.

And what do you get for that investment of calories? As a complex carbohydrate, potatoes are digested more slowly than sugars, yielding energy over a longer period of time. Also, in each 6-ounce fresh potato you get 50 percent of the adult daily requirement of vitamin C, large doses of vitamin B (riboflavin, thiamine, and niacin) and food fiber, and about 4 grams of protein.

Scientists of several nations, recognizing that potatoes yield more protein, nutrients, and calories per acre than rice or wheat, are working at the International Potato Center in Lima, Peru, on an even higher-proteined "super spud." This potato must be able to grow in tropical weather with a short growth period, and be disease resistant for use by farmers who have no access to pesticides.

estern-grown examples *of the four ajor groups of potatoes—e variety of each of the thin-inned types and two of the russets*
ENN CHRISTIANSEN

Oven-baking *For crispiest skin and fluffiest texture, bake russets, uncovered, without wrapping in foil*

Steaming *Preserves nutrients, especially if potatoes are unpeeled. Thin-skinned preferred*

French frying *Russets preferred. Use a wire basket set in a heavy kettle; try double-frying for extra crispness*

Ricing *Pressing boiled or steamed potatoes through a ricer gives more texture than mashing*

How best to bake, boil, steam, mash, rice, oven-fry, French fry

where their starches may break down, causing them to darken during cooking.

How to cook potatoes like an expert

Begin by scrubbing potatoes gently in cold water with a vegetable brush or sponge; remove sprouts and cut out any decayed or green areas.

To get the most nutrition out of your potatoes, leave skins on during cooking (if possible) and eat them. If potatoes must be peeled, use a vegetable parer to keep peelings thin. To preserve whiteness when a quantity of potatoes is being prepared, cover with cold water for short periods of time (soaking too long promotes vitamin loss and sogginess) or toss with lemon juice.

Oven-baking. Russet types are best, yielding a crisp, slightly shriveled skin and a fluffy interior.

Pierce potato in several places with a fork. Place on a baking sheet or on oven rack and bake in a 400° oven for 45 to 60 minutes for a 6 to 8-ounce potato or until potato feels soft when squeezed (wear a mitt). Or bake with roasts in a 325° oven for about 1½ hours.

Microwave cooking. You can use any type of potatoes but make sure they are of uniform size to cook evenly. Expect a microwaved russet to have a softer skin and wetter interior than when oven-baked. Thin-skinned potatoes will be crisp inside, like steamed potatoes.

Pierce potatoes in several places with a fork. Set on a double layer of paper towels in the bottom of a microwave oven; if cooking more than 2 at a time, arrange like spokes. Cook at full power, turning over halfway through baking; allow 3 to 4 minutes for a smaller, 4 to 5-ounce potato; or 4 to 5 minutes for a 6 to 8-ounce potato. (Add 2 to 3 minutes for each extra potato cooked at the same time.) Let stand 3 to 4 minutes; pierce with a fork to test for tenderness.

French frying. Russets produce the more desirable soft interior.

Peel and cut potatoes into ¼-inch strips; place in ice water while cutting remaining strips. In a deep-fat fryer or heavy pan, heat 2 inches of salad oil to 380° on a deep-fat frying thermometer. Drain and pat potato strips dry on paper towels. Fill wire basket with 2 inches of strips; immerse into oil. Cook until well browned, or 5 to 7 minutes. Drain on towels, then sprinkle with salt; keep warm in a 300° oven up to 30 minutes.

To make ahead (or for extra crispness), fry potatoes only 4 minutes; drain. Before serving, refry in hot oil for 3 to 4 minutes; drain and serve.

Oven-frying. You can use any type of potato, but for results similar to French frying we preferred the russet.

Place 1½ tablespoons *each* butter and salad oil in a 10 by 15-inch rimmed baking sheet; set in a 425° oven to melt

butter. Cut 1½ pounds unpeeled potatoes crosswise into ⅜-inch slices; arrange in a single layer on baking sheet, turning to coat with fat; sprinkle with salt and pepper. Bake in a 425° oven for 20 minutes; turn slices and bake 15 minutes longer or until well browned.

Boiling. Firm long or round whites or round reds work best, especially for salads; their waxy texture keeps them from absorbing too much dressing.

In a heavy pan with a tight-fitting lid, bring 1 inch of water to boiling; add potatoes. Return water to boiling, then reduce heat to medium. Cover and cook until tender when pierced with a fork, about 30 to 35 minutes for a 6-ounce long white potato or 20 to 25 minutes for small round potatoes; drain.

Steaming. Thin-skinned potatoes, especially round reds, are the most attractive for steaming whole or sliced.

In the bottom of a 3-quart or larger pan with a tight-fitting lid, place a steamer basket or wire basket set on a rack. Add 1 inch of water (or enough to come up to bottom of basket); bring to a boil. Stack unpeeled whole potatoes or ⅜-inch-thick slices in basket. Reduce heat to medium-high, cover, and steam-cook until fork-tender; allow 20 to 30 minutes for 4 to 6-ounce whole potatoes and 10 to 15 minutes for slices.

Ricing. Prepare thin skinned boiled or steamed potatoes as directed; drain and peel. Cut potatoes in half crosswise; force a half at a time through a potato ricer as shown at left; toss with melted butter, salt, and pepper to taste.

Mashing. You can boil or steam any type of potato for mashing, but dry-textured russets will absorb more milk.

Boil or steam 2 pounds potatoes as directed; drain and peel. Rice as directed above or mash with a hand masher, food mill, or electric mixer until no lumps appear. Combine potatoes in a bowl with ⅓ cup soft butter or margarine, 1 teaspoon salt, and ¼ teaspoon pepper. Slowly beat in ⅓ cup warm milk (cold milk makes them gummy); continue beating until very smooth.

Pan-roasting with meats. Use these peeled or unpeeled: whole small round red or white potatoes or long whites, or russets cut in half crosswise. Thin-skinned potatoes will hold their shape better and be easier to turn as they cook.

Arrange potatoes around meat or poultry in roasting pan 1½ hours before serving. Turn in drippings to coat (if roast is extra lean, you may need to brush them with salad oil). Cook potatoes, turning and basting with fat occasionally, for 1¼ to 1½ hours or until well browned and fork-tender.

Adding flavor variety to potatoes

You can use any of these flavored butters as you would regular butter to season steamed, boiled, mashed or baked potatoes.

Herb butter. Beat together until blended ½ cup softened butter or margarine; 1 teaspoon fines herb seasoning; ¼ teaspoon *each* dry mustard, salt, and pepper; 1 clove garlic, minced or pressed; and 2 tablespoons finely minced parsley.

Curry butter. Beat together until blended ½ cup softened butter or margarine, 1 teaspoon curry powder, ¼ teaspoon dry mustard, and ⅛ to ¼ teaspoon each cayenne and salt.

Two-way bacon butter. Beat together until blended, ½ cup softened butter or margarine and 2 tablespoons crumbled bacon bits. Add either ¼ teaspoon dill weed or 1 teaspoon caraway seed.

This topping for baked potatoes has a rich taste like sour cream with only 10 calories per tablespoon.

Low-calorie herb topping. Whirl 1 carton (16 oz.) small curd cottage cheese in a blender until very smooth; mix gently with ¾ cup low-fat unflavored yogurt, ¼ cup *each* finely chopped parsley and green onions, ½ teaspoon garlic salt, and ¼ teaspoon dill weed.

Baked Mashed Potato Ring

Prepare mashed potatoes as directed; then beat in 2 eggs until well blended. Spoon about ⅓ of the mixture at a time into a pastry bag fitted with a star-shaped decorating tip. Roll down bag top and squeeze to pipe potato mixture around the edge of a heatproof meat platter; brush lightly with 2 tablespoons melted butter or margarine. Bake in a 425° oven for 20 minutes or until golden brown. Makes 4 to 6 servings.

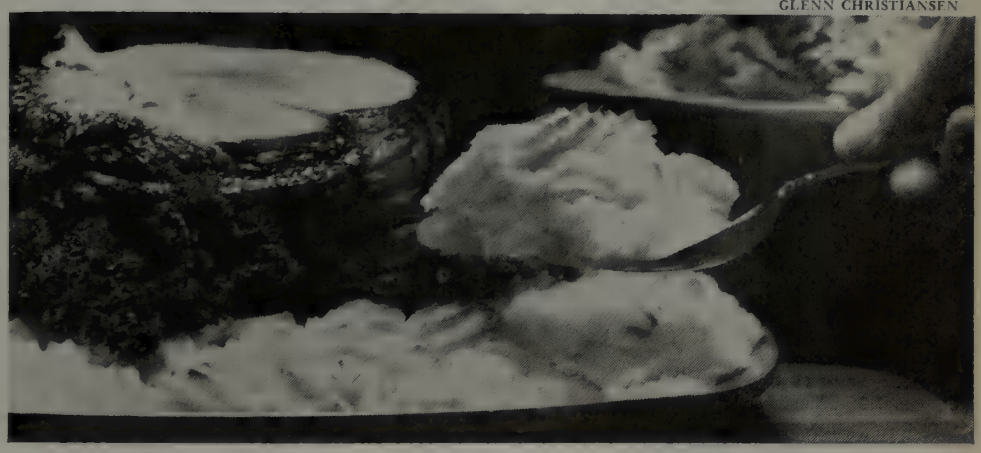
Twice-baked Potatoes

Spinach and Swiss-stuffed potatoes. Bake 6 medium-sized potatoes as directed. Cut off a ½-inch slice; discard. Scoop out centers, leaving ¼-inch shells; beat centers together with 3 tablespoons *each* soft butter or margarine and milk until smooth. Stir in ⅛ to ¼ teaspoon *each* ground nutmeg and white pepper, 1 package (10 oz.) frozen chopped spinach (defrosted and well drained) and 1¾ cups (7 oz.) shredded Swiss cheese. Salt to taste.

Mound mixture into shells, packing lightly. Sprinkle ½ cup shredded Swiss cheese over tops. Bake, uncovered, in a 400° oven for 20 minutes or until tops are golden brown. Serves 6.

Chile and Cheddar-stuffed potatoes. Prepare as directed for spinach-Swiss version, omitting the nutmeg, pepper, and spinach. Add 1 can (4 oz.) well-drained diced green chiles. Substitute Cheddar cheese for the Swiss. □

GLENN CHRISTIANSEN



Piped around your roast, *mashed potatoes make a showy presentation. Bake briefly on an ovenproof platter until golden, then serve with meat*

Twice-baked potatoes *are made with a spinach-Swiss or chile-Cheddar filling*

Use flavored butters *to season steamed, boiled, mashed, or baked potatoes*

Trolling *near San Francisco's Golden Gate Bridge, salmon fishermen aboard local sportfishing boat are ready for a strike*

Sportfishing in 1978

It promises to be good... so good it can be habit-forming. You start at dawn or earlier. You meet all kinds of fishermen. You may even win the pool

GLENN CHRISTIANSEN

DOUG WILSON

North coast. *Old silversides is the prize catch of sportfishing boats*

JERRY FREDRICK

All along the Pacific Coast. *Bug-eyed and big-mouthed, lingcod isn't the handsomest fish but is among the tastiest*

South coast. *Hard-fighting barracuda is ranked among the top game fish*

Lines taut, rods bending gently with the roll of the boat, the row of fishermen lining the rail of the vessel study their rod tips expectantly, watching for a signal that some deep-sea predator is taking their bait. Depending on what they're after it could be a tug, or a series of jiggles that tell when to set the hook. Or, it could be a rod-bending attack that sends line screaming out of the reel and the angler fighting to slow down his quarry's midocean dash.

This is the experience of a sportfishing boat, a breed of craft especially adapted for groups of fishermen. Every morning during the season such boats head out to sea all along the Pacific Coast from Puget Sound to San Diego. This month, depending on where they fish, they may land salmon, rockfish, or hard-fighting barracuda.

If you've never been fishing from these specialized vessels, you may be in for a surprise. They aren't just boatloads of diehard fishermen, but a whole range of people (including entire families) who simply enjoy the excitement of catching fish and the great seafood dinner the day provides.

Traditionally called party boats by seasoned California veterans, industry spokesmen now insist they be called commercial passenger fishing vessels (party boat has a bad ring when you're talking to legislators). Many skippers are now calling their vessels sportfishing boats, but in Oregon and Washington they're still called charters. No matter what you call them, they differ from true charters, where a group hires the boat. On a sportfishing boat, the skipper or reservations agent signs up individuals to fill each trip, so everyone is welcome.

How many anglers go depends on the size of the boat. In the Northwest, some salmon trollers carry only half a dozen

W. D. A. STEPHENS

5:28 A.M. *Sportfishing boats at Emeryville, California, floodlight fog-dampened pier for arriving fishermen*

You may start in darkness. Serious fishing is a morning business

WILLIAM FAULKNER

About that queasy feeling . . .

Why this ocean was called "peaceful" by the Spanish is a mystery to anyone who has fished the Pacific from a small boat. The slow speeds required for fishing can make a boat wallow, which can lead to seasickness.

Motion sickness pills, taken as directed, are your best defense, but it helps to eat easily digestible foods, go easy on beverages, and get a good night's sleep before sailing. Bring rags to wipe your hands so you won't smell bait while eating your lunch.

It's best just not to think about getting seasick. Concentrate on your fishing, rigging tackle, or watching the horizon for whales. Anything is preferable to thinking about the boat rocking back and forth, back and forth . . .

people; in Southern California bottom fishing boats may carry up to 70. Most carry 25 to 50.

Last year in California alone more than 700,000 anglers fished from 300 reporting sportfishing boats. Incidentally, they caught 4.7 million fish—almost seven fish per person.

One reason for the popularity of sportfishing boat trips may be the number of new and updated boats going into service, especially in Southern California. Fast and sleek, they have live bait tanks, cozy galleys, and the latest electronic fish-finding equipment. Some even have bunks for overnight trips.

A number of the traditional converted fishing boats are still in service along the coast. Broadbeamed and sturdy, the only amenities on these old workhorses may be a notch on the rail for your rod and a Rube Goldberg tank for live bait.

Finding a boat

For local listings of sportfishing boats, the best source is the yellow pages. Look under Fishing—Parties or Fishing—Tackle Dealers, or similar headings for advertisements. If you don't live near the coast or want to try a different coastal area, see South Coast and North Coast descriptions on the next pages.

Reservations are a must and are best made by phone. Ask questions: How big is the boat? Is there a galley? How long has the skipper been fishing these

6:07 A.M. *Newport, California, angler checks tackle as boat casts off*

JERRY FREDRICK

8:21 A.M. *Yawns are in order as fishing starts all along the West Coast*

10:58 A.M. *"Reel 'em in," commands deckhand astride live bait tanks, and the 21 anglers around the stern will take a break while boat changes location*

waters? How has the fishing been? What type of tackle is needed? If you need to rent a rod and reel, reserve them also and ask whether the boat will provide extra leaders, hooks, sinkers, and other necessary tackle on board. If not, ask specifically what you will need for the trip. Don't forget your license.

Cost varies depending on the fish you're after. Full-day trips range from $18 to $30, half-day from $7 to $15, including bait. (Northwest boats often include rod and tackle.) Rod rental is $3 to $5 (tackle may be extra); take a burlap sack or strong plastic trash bag for your fish.

Wear warm old clothing—fishing can be messy. Early morning on the open ocean can be bitter cold and often wet. A plastic bag is handy to store discarded jackets if the day warms up. Carry a pocket knife and long-nosed pliers.

On boarding, you'll be invited to participate in the traditional pool—usually for the biggest fish—for a dollar or two. The skipper determines the winner.

Pursuing deep-sea predators

The real advantage of going on a sportfishing boat is that you have the best chance of finding fish. Skippers combine experience and knowledge of local water with depth finders and sonar to find fish. Your job is to catch them.

If you take your own rod, be sure it is heavy enough for the fishing you're going to do. A good all-round outfit is a 6 to 7-foot rod with a star-drag reel that can hold at least 150 yards of 20 to 40-pound test monofilament line. Many boats use this setup for rentals. Generally, the corner of the stern is the best position on the vessel; on many Southern California boats, fishermen rotate so everyone gets a chance at each position.

Before reaching the fishing grounds, tell the deckhand you're a first-timer—he'll show you how to rig your tackle and bait your hook. When using live bait, grab the liveliest candidate in the tank and change bait every time you reel in.

Once you've hooked a fish, remember two rules: keep your rod tip *up* and the fish directly in front of you. This may necessitate walking around, over, and under other fishermen so yell "coming through" and move—some fish may walk you around the boat several times before being gaffed or netted. Be patient. After all, these few moments are the whole reason you're out on the boat.

When you see the fish, yell "color" or "gaff" if the deckhand isn't there (deckhands can't be everywhere), and stay calm. More fish are lost alongside the boat than at any other time. Keep your rod tip up and *do not lift the fish's head out of the water until it is gaffed.*

Once your prize is on board, bait up and get your line back in the water—this might be the only hot spot you'll find all day. On some boats the deckhands will clean and fillet your catch for free, on others they charge roughly 50 cents a fish, and sometimes you have to do it yourself on the dock.

The sketches on the next pages show the dozen types of fish you are most likely to catch along the Pacific Coast. Each description notes when and where the fish is most commonly caught, with Point Conception marking the division between north and south coast. Some descriptions are general notes on various species in the same family.

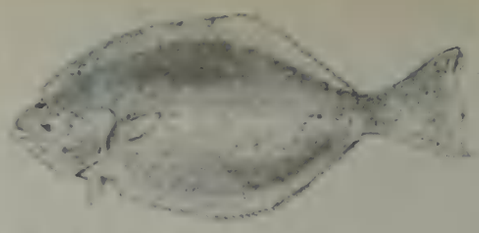
South Coast . . . more than 20 species to go after

Why is Southern California sportfishing, with its over 20 species of sought-after fish, so much more varied than in other coastal regions?

Point Conception is the West Coast's great ecological dividing point; down coast from it the waters warm, attracting a bewildering variety of marine game fish. Anglers on the water here are far more comfortable: Seas are often calm and it can be shirts-off weather much of the year. The south coast is also blessed with offshore islands—beautiful destinations for a fishing trip and very productive fishing grounds.

Basically there are two kinds of fishing here—bottom fishing and game fishing

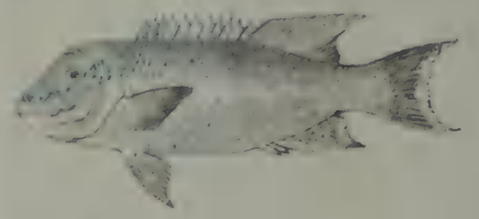
Yellowtail—*South coast, summer to early fall; 10 to 20 pounds of hard-fighting sportfish; also called amberjack*



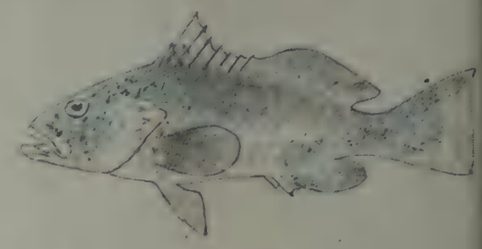
Flatfish—*Pacific coast, year-round; includes halibut and sole, with halibut running up to 50 pounds; all caught by bottom fishing*

Striped bass—*San Francisco Bay, August into November; unique run on Pacific coast; averages 5 pounds, but fish up to 25 pounds are not unusual*

Barracuda—*South coast, late spring into fall; hard-fighting game fish averages 5 pounds; take wire leaders so sharp teeth can't cut line*



Sheephead—*South coast, April through October; caught bottom fishing near kelp beds; averages 3 pounds*



Kelp bass—*South coast, year-round; similar sand bass is caught less frequently; small, averages just over a pound, but puts up a good fight*

The Pacific's offerings confront you. Salmon to rockfish to halibut to yellowtail, bonito, barracuda

for fast-moving predators.

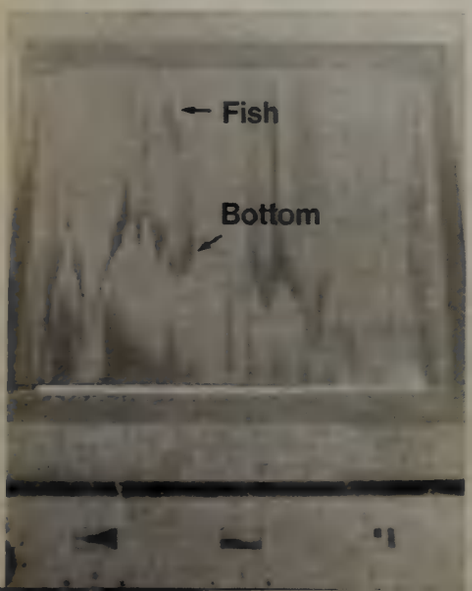
Bottom dwellers like rockfish, lingcod, halibut, sculpin, and others are sought by boats from every landing all year round. You usually drop heavily weighted lines—hooks baited with anchovies or squid, alive or frozen—into waters just offshore or as deep as 350 feet for rock cod. This is satisfying fishing: you're catching lots of fish (more bottom fish are caught off sportfishing boats than all other fish combined), and there's less skill involved than in game fishing. Also very popular are kelp (calico) bass and sand bass—great eating fish.

The thrills of game fishing require greater fishing skills, like casting from a crowded boat and choosing lures. Even the experts can find it difficult to catch their limits. The mainstay of the San Diego party boat fleet is yellowtail. These voracious eaters appear offshore in late spring through warm-water fall. They're popular, so make boat reservations in advance. Tuna—albacore and bluefin—arrive near Catalina Island and the Coronados in early July, running until late fall. Albacore also can appear off Morro Bay. Lively barracuda (once considered the number one game fish by many boat operators) appear somewhat earlier (May or June) for the warm-water summer months. There's now a 28-inch size limit to help it make a local comeback. Bonito and mackerel are also caught much of the year—not prized table fare, but lively fighters.

For the more serious fisherman, long-range trips from the San Diego area to Mexican waters go after record-size wahoo, dolphin, and yellowfin tuna.

For a landings list, write Sportfishing Association of California, 555 E. Ocean Blvd., Suite 515A, Long Beach 90802.

Recording depth sounder *is one electronic device that helps sportfishing skippers find fish*



North Coast fishing . . . salmon is still king

In the colder waters north of Point Conception, the undisputed king of sportfish is still the salmon, but pressures on them are beginning to show. Once salmon were so prolific that skippers could almost guarantee success. Today they are not nearly so predictable.

Catch statistics tell the story: In 1976 the average catch in Washington was 2½ fish per rod (limit is 3). Last year the Washington average was less than 1½ fish per rod; Oregon was less than 1 fish per rod. In California the catch has been declining since 1973.

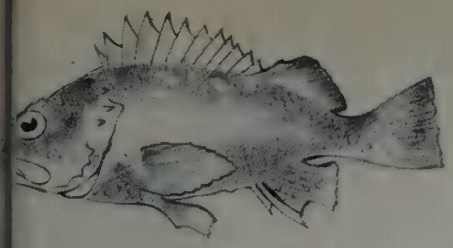
Still, some experts are predicting a better season all along the coast for 1978. Although salmon season isn't scheduled to open in Oregon and Washington until April 29 (make reservations now), opening day in central California (February 18) was better than expected, with the catch averaging 1 fish per rod.

In Washington, the long-range outlook is improving: The legislature recently passed a $33 million program to enlarge hatcheries, build new ones, and improve spawning sites.

As salmon fishing has dropped off, rock fishing has grown in popularity, with some of the hottest action along the California coast south of San Francisco. In Oregon, bottom fishing is really catching on—many salmon boat skippers will switch over to rock fish if the salmon action is slow. Many northern California and Oregon salmon boats switch to rock fish full-time during off-season winter months.

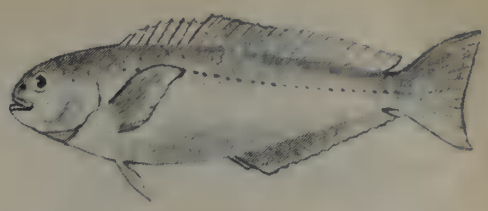
Over the past six years Washington sportfishing boats have been taking albacore on overnight trips from Westport and Ilwaco in August and September. Bottom fishing has been getting increasing attention out of Puget Sound.

Unique along the entire Pacific Coast (except for a small run in Coos Bay, Oregon) is San Francisco's striped bass fishery. Introduced to the bay in 1886, stripers can be caught in the ocean spring through early summer, but the main run is in the bay from August to



kfish and sculpin—*Pacific coast, year-nd; two dozen species are mainstay of y boat fleets; average 1½ to 3 pounds*

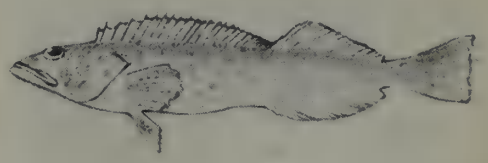
Bonito—*South coast, spring through fall, summer best; average 3 pounds; related to Pacific mackerel (1 pound average)*



Ocean Whitefish—*South coast, spring through fall; averages 3 to 5 pounds; frequently caught around islands and offshore banks*

non—*North coast, season varies; ook (king) and coho (silver) run 5 to 10 nds in spring; bigger but fewer fish r in the season*

Albacore—*Pacific coast, summer into fall; caught mostly off the South coast with recent runs off Washington; averages 20 pounds; other tuna species also caught*



Lingcod—*Pacific coast, year-round: bottom fish is popular, but is declining along entire coast; averages 8 pounds of good eating*

vember, usually peaking in early Oc-er. Hard-fighting and good eating, pers are not caught commercially, so only way to get them is to catch n yourself.

s month sportfishing associations uld have updated listings of member ts ready for mailing. For Washing- (excepf Puget Sound; see page 92 of April 1977 *Sunset*), write to Wash-on Salmon Fishing, 217 San Mar ve, Olympia 98506; or (for bottom ing) Puget Sound Charter Boat Own- and Operators Assoc., 1528 Ever-en Pl., Tacoma 98466. For Oregon, e to Oregon Charter Boat Associa-, Box 52, South Beach 97366. For hern California: Bud Armstrong, den Gate Sportfishing Association, Buchanan Drive, Sausalito 94965. □

o books to guide you

ough there are many good books on n fishing, very little has been done for ers planning trips on sportfishing boats. good reference for Southern California ers is *Hook Up*, by Charlie Davis (Out-r Empire Publishing, Inc., Box C-19000, tle 98109, 1977; $7.95). Written by a tfishing boat skipper, it's a complete le to Southern California ocean fishing. ther good reference now being printed *ngler's Guide to the United States Pa- Coast*, by James L. Squire, Jr. and n E. Smith ,National Marine Fisheries ice, 1977). The heart of the book is a es of 40 charts locating ocean fishing s for all types of fish along the entire t, including Hawaii and Alaska. Each t shows local sportfishing boat land- For ordering information, write to the erintendent of Documents, Washington, 20402, and mention the book by title stock number 003-020-00113-1.

BILL STEVENS

Properly gaffed *10-pound striped bass is hauled aboard—this angler's ample, but only, catch for the day*

You can transplant seedlings when they are three weeks old

Pepper seedlings *three weeks old are just developing first true leaves. Next, transplant them into small pots or flats*

STEVE W. MARLEY

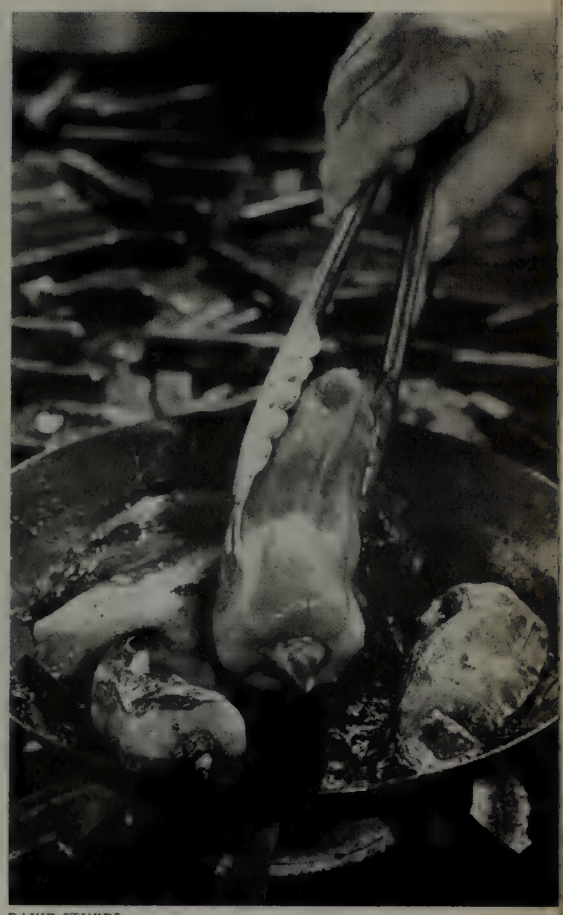
First picking *of Italian frying pepper 'Cubanelle' yielded a dozen yellow-green peppers per plant*

Old-country sweet peppers

You must grow them first. Then come peppers with veal or sausage from Italy, and from Hungary savory pepper stew

·e are pointy, *one rounded.*
ıpare size with larger bell peppers in basket

You sauté or roast peppers to loosen their skins



DAVID STUBBS
Sauté *peppers in oil to blister, loosen skin; or roast in a hot oven*

ough America is the native home of ɔeppers, several varieties (like many ·rican opera stars) had to make their tations in Europe. These include the bell peppers shown above, a sweet ·tet with names and flavors that de- the ethnic diner but are scarcely vn to most gardeners.

heard about these peppers through ın and Hungarian friends and read ıt them in their cook books. To find ıf they were as distinctive as repre- :d, we grew some and took them to s who loved and understood them. ɔy to find genuine old-country pep- they gave us old-country recipes e follow), and asked about sources ·eds or plants for their own next s gardens.

they worth seeking out and grow- Definitely so, say our cooks. They hinner-fleshed and less watery than ɔell peppers, with a more concen- d sweet pepper flavor. They are also excellent garden plants that produce heavily and continuously from the start of harvest (usually about nine weeks after transplanting to the garden) until the first heavy frost.

You may have to grow your own peppers from seed if your local nursery doesn't offer plants. Pimiento and Hungarian sweet yellow wax peppers are widely available both as plants and in seed packs. A few nurseries offer Italian frying pepper plants, and seeds are not hard to find in catalogs. The 'Szegedi' pepper is rare; seed is offered by Stokes Seeds, 737 Main St., Box 548, Buffalo, N.Y. 14240.

Sow seeds as soon as possible, indoors where late frosts or cool springs are the rule. Set out plants as soon as soil and air are consistently warm. Give peppers good garden soil well mixed with organic matter. They must never go dry, but should never be soggy at the roots. Space plants 18 to 24 inches apart in rows 2 to 2½ feet apart. Fertilize once or twice before blooms set.

Except for pimientos, which should be fully red-ripe, these peppers may be used at any color stage after they have reached full size. A blend of yellow, red, and green peppers makes for an attractive dish. All may be frozen, either after skinning (as described below) or simply after removing stems and seeds. Hungarian varieties may be sun-dried like chiles or dried in a dehydrator; use only fully red-ripe peppers for this purpose.

Pimiento. There are many varieties of pimiento (or pimento); the one pictured is 'Burpee's Sunnybrook.' Relatively small, the pimiento has the thickest and sweetest meat in the whole clan. Roast and peel for superior salads or appetizers—or use as flavoring for cheese dips and in creamed or à la king dishes.

Italian frying pepper. 'Cubanelle,' the variety in the pictures, is the best known;

Italians put peppers with sausage, veal

Place *roasted or sautéed peppers in paper or plastic bag to sweat before peeling*

DAVID STUB

Ralph Pezzella *strips skin from peppers. Now they are ready to eat plain as a vegetable, to drizzle with olive oil as a salad, or to cook with sausages*

'Aconcagua,' somewhat larger, is rare. Both are sometimes sold as 'Italian Long Green' or 'Italian Long Sweet.'

'Hungarian Sweet Yellow Wax' is sold under several names: 'Sweet Banana' is best known. Be sure to avoid 'Hungarian Yellow Wax Hot,' a lookalike that is used for pickling and is fiery.

'Szegedi' is the classic pepper for grinding into paprika, but we found that Hungarian sweet wax peppers furnished a very acceptable product, as do any fully mature sweet red peppers. Basically sweet, 'Szegedi' sometimes has traces of heat in inner ribs and seeds.

To roast and peel sweet peppers. Place peppers in a single layer in a broiler pan and broil about 1 inch from heat, turning frequently, until blistered and charred on all sides. Then place in a paper or plastic bag and let sweat about 15 to 20 minutes. Strip off the skin and remove seeds and stems. Cool, wrap, and freeze for long storage.

To sauté and peel sweet peppers. Cut off tips and slit sides of peppers. In a wide frying pan, pour enough olive oil or salad oil to coat bottom of pan and place over medium-high heat. Add peppers, a little chopped parsley, and a sprinkling of salt and pepper.

Cook peppers, turning frequently, until skin is charred and blistered on all sides. Place in a paper or plastic bag and let sweat about 15 to 20 minutes. Strip off skin; remove seeds and stems. Cool, wrap, and freeze for long storage.

Ralph and Vince Pezzella of the Villa Napoli Restaurant use peppers in many of their specialties. They prefer the frying peppers for cooking, but if not available, they use bell peppers.

Italian Pepper Salad

On a shallow rimmed plate or dish place 6 roasted or sautéed sweet peppers, peeled, seeded, and cut in halves; or 3 peeled and seeded bell peppers, cut in quarters. Layer 1 large tomato, sliced and 8 to 10 anchovies, drained, over peppers.

Lightly sprinkle with garlic salt, pepper and about ½ teaspoon crumbled oregano leaves. Drizzle with about 2 tablespoons olive oil. Makes 2 to 3 servings.
—V. P. and R. P., Sunnyvale, Calif.

Italian Peppers and Sausages

Prick the casings of 8 mild or hot Italian sausages (about 2 lbs.). Place in a wide frying pan or Dutch oven and add water to barely cover. Bring to a boil, cover, and simmer until sausages are no longer pink inside, about 20 minutes. Remove from pan and set aside. Discard water.

To the same pan, add 2 tablespoons salad oil, 1 large onion, chopped, and 2 cloves garlic, minced or pressed. Cook, stirring, over medium-high heat until soft. Add 1 can (14½ oz.) Italian-style tomatoes and their liquid (break tomatoes with a spoon), 1 can (15 oz.) tomato purée, 1½ teaspoons *each* sugar and dry

Hungarian pepper stew . . . straight . . . or with added pork

DAVID STUBBS

Geza Molnar *makes lecsó with a colorful mix of Hungarian sweet wax peppers and pork stew. Homemade paprika, from short conical 'Szegedi' peppers, flavors it all*

ısil, and ½ teaspoon oregano leaves. mmer, uncovered, stirring occasionly, until thickened, about 20 minutes.

eturn sausages to pan and add 8 asted or sautéed (see preceding direcons) peeled and seeded Italian frying ppers, or Hungarian sweet yellow wax ppers, cut in lengthwise halves. Or ld 4 roasted or sautéed, peeled, and eded bell peppers, cut in lengthwise arters.

mmer, uncovered, until sausages are t, about 10 minutes. Add salt and pepr to taste. Serve with hot cooked nooes or spoon into hot crusty sandwich lls. Makes 8 servings.

alian Veal with Peppers

emove stems and seeds from 3 Italian ying peppers or Hungarian sweet yelw wax peppers, or 1 large bell pepper. ut pepper in ½-inch strips.

ut ½ pound thin boneless veal into eces about 3 inches square. Meat ould be about 3/16-inch thick; pound between pieces of waxed paper to achieve this thickness if necessary. Dredge veal squares in flour to lightly coat; shake off excess and set aside.

In a wide frying pan, heat about 1 tablespoon *each* butter and salad oil over medium heat. Add pepper strips, ½ teaspoon oregano leaves, and 1 clove garlic, minced or pressed; cook, stirring, until peppers are limp, about 5 minutes.

With a slotted spatula, remove peppers from pan to serving dish. Increase heat to medium-high. Add veal and more butter and oil, if needed, so that meat does not stick to pan. When edges of veal turn white, in about 1 minute, turn pieces over and cook until lightly browned on the other side.

Remove veal from pan and place in serving dish with peppers. Add ½ cup dry white wine to pan and boil, scraping free browned particles, until liquid is reduced to about half. Salt and pepper to taste. Pour liquid over veal and peppers. Makes 2 servings.

A big dose of sweet Hungarian paprika goes into Geza Molnar's version of Hungarian pepper stew, called *lecsó*. You can make your own freshly ground paprika from dried 'Szegedi' or Hungarian sweet yellow wax peppers; we give the recipe below. If the peppers are not available, purchase sweet Hungarian paprika at spice and gourmet stores.

Hungarian Pepper Stew (*Lecsó*)

Pork stew (recipe follows), optional
2 pounds Hungarian sweet yellow wax peppers, Italian frying peppers, or bell peppers (use yellow, green, or red peppers, or a combination)
1 large onion, sliced
2 to 3 tablespoons pork or bacon drippings, lard, or salad oil
1 tablespoon homemade paprika (recipe follows) or sweet Hungarian paprika
2 large tomatoes, peeled and chopped (about 2½ cups)
Salt

Prepare pork stew, if used; let it cook while preparing peppers.

Cut Hungarian or Italian frying peppers in half lengthwise, or bell peppers in eighths lengthwise; then slice each section crosswise into thin slices.

In a 5-quart (or larger) Dutch oven, sauté onion in 2 tablespoons of the pork drippings over medium heat until limp. Add any green or yellow peppers, and cook, stirring, for about 1 minute. Add red peppers and continue cooking about 2 minutes longer. Remove from heat and add paprika.

Return peppers to medium-high heat and cook, stirring, until they begin to turn limp. Add tomatoes, cover, and cook until juices come out of vegetables, about 2 minutes.

Cook vegetables, uncovered, stirring occasionally, over medium-high heat, until most juices have evaporated and peppers are tender-crisp, 5 to 15 minutes, depending on type of peppers. Stir in pork stew, if used. Salt to taste. Makes 6 to 8 servings.—*G. M., Napa, Calif.*

Hungarian Pork Stew. In a heavy 2 to 3-quart pan or frying pan, sauté 1 large onion, chopped, in 2 tablespoons pork or bacon drippings, or lard, over medium heat until onion is soft. Stir in 1½ pounds boneless pork (such as shoulder or butt), cut into ½-inch cubes, and 1 teaspoon salt.

Remove pan from heat and stir in 1 tablespoon homemade paprika (recipe follows) or sweet Hungarian paprika. Cover tightly and simmer over very low heat, stirring occasionally, until meat is fork-tender, about 40 minutes. Skim fat.

Homemade Paprika. Remove and discard stems (if still attached) from dried red 'Szegedi' or Hungarian sweet yellow wax peppers, or a combination of the two. For a sweeter paprika, remove ribs and seeds; for hotter paprika, leave them in. Break up pods, if not sliced, and whirl in a blender until finely ground. □

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Say it with Swirlaway draperies
Sale $14.99 unlined, 48 in. x 84 in.
Sale $21.99 lined, 48 in. x 84 in.
These fashionable draperies come unlined to let light filter through or lined with 100% polyester, semi-sheer batiste for privacy. Five colors. Reg. $19.99 unlined, $26.99 lined. All other sizes are on sale, too.

Say it through Smoke Rings drapery rods
Sale $10.99, 30 in. to 52 in. size, reg. $13.99. All sizes on sale. Brass and chrome finish.

Say it with durable stoneware
Sale $49.99 to $54.99 45-piece sets
Both handpainted patterns, floral "Pamela" and striped "Concentrics," are dishwasher safe. Both have oven-to-table-to-freezer durability. Reg. $59.99 to $69.99. Accessory pieces at regular price.

Say it with curtains to match
Sale $2.99, 68 in. x 24 in. size, reg. $3.99. Coordinate with both ironstone sets. 50% cotton, 50% polyester. All sizes are on sale.

Say it with a smashing dining room set
5-piece set $499 at regular price. Available on special order. Glass table is 42 in. x 64 in. Chair seats are 100% nylon treated with SCOTCHGARD® Brand Fabric Protector. Chrome-plated steel. Natural wicker table and chair accents.

Say it strongly with Topnotch sofas
Loose cushions of polyurethane foam on back and sides. 100% olefin cover.

Sofa	reg. $399.95	Sale $299.00
Demi sofa	reg. $299.95	Sale $249.00
Sofa sleeper	reg. $499.95	Sale $399.00
Sofa sectional	reg. $599.95	Sale $499.00
Sleeper sectional	reg. $699.95	Sale $599.00

Say it with style and Bac Bac tables
Sale $89.88 each. Save $10. Choice of 5 tables. Woven reed matting under glass. All wood products. Hickory engraved finish.

Say it brightly with a swirl lamp
Sale $29.99. Save $10.00. Potter's wheel design. Natural-tone, pleated fabric shade.

Say it with shag carpeting
"Rainbow Radiance." Sale $6.99 sq. yd., reg. $8.99. 100% nylon pile. 17 color choices.

Say it with patterned carpeting
"Overture." Sale $7.99 sq. yd. Reg. $8.99. 100% DuPont™ nylon pile. Foam backed for easy installation. 14 color choices.

Say it again from your $14.88 chair
Commander's chair *includes* orange cover!
Available in most larger Sears retail stores.
All prices higher in Alaska and Hawaii.

Pure & Simple

Sale prices good from
March 26 thru April 22, 1978

Only at Sears
©Sears, Roebuck and Co., 1978

Say it wall-to-wall with modular bedroom furniture

Sale $99.88 Choice of 3 stack pieces

All 16 versatile, modular pieces are on sale. Modules are all sized to be interchangeable for decorating flexibility. Solid oak frames. Pecan veneers. Brass-finished hardware. All pieces priced on this page can be seen on the next six pages.

Stack pieces:

Two drawer	reg. $119.95	Sale $ 99.88
Bookshelf	reg. $119.95	Sale $ 99.88
Two door	reg. $119.95	Sale $ 99.88
Hi-rise bookcase headboard full/queen	reg. $319.95	Sale $287.00
5-drawer chest	reg. $169.95	Sale $152.00
Master chest	reg. $299.95	Sale $269.00
Shaving mirror	reg. $ 49.95	Sale $ 44.88
Platform bed* queen	reg. $199.95	Sale $179.00
Wardrobe chest*	reg. $299.95	Sale $269.00
Light bridge* full/queen	reg. $139.95	Sale $125.00
Panel headboard* full/queen	reg. $ 79.95	Sale $ 71.88
Panel headboard* twin	reg. $ 69.95	Sale $ 62.88
Drop-lid desk*	reg. $299.95	Sale $269.00
Folding chair*	reg. $ 49.95	Sale $ 39.88
Wall mirror* full length	reg. $ 89.95	Sale $ 79.88
Cheval mirror kit*	reg. $ 69.95	Sale $ 62.88

*special order only

Say it with a Parallels bedspread

Sale $29.99 full size, throw style
Sale $39.99 queen size, platform style

Cozy pile almost one-half inch thick. Machine washable. 100% acrylic pile knitted to a backing of 100% polyester. Platform style shown on Sears platform bed. Also available in throw style. Save $10.00 on all sizes.

Say it with Custom one-inch blinds

Save 20% on any size. Custom fit, trim, tapeless one-inch Coronet blinds. 75 colors. Sears Decorator Consultant will help you choose in your own home at no charge. Just $52.80 for the 48 in. x 60 in. size.

Say it again from your $14.88 chair

Buy a bunch! Commander's chair *includes* orange polyester, vinyl-coated, slip-on cover! Sturdy hardwood. Clear varnish finish. Folds easily for carrying and storage.

Available in most larger Sears retail stores.

All prices higher in Alaska and Hawaii.

Pure & Simple

Sale prices good from
March 26 thru April 22, 1978

Only at Sears

ay it with a Custom bedspread
ale $125 full size

ave $25 on all sizes and colors of these ustom Shop quilted bedspreads. 100% cot-n sateen, treated with SCOTCHGARD® rand Fabric Protector. Outline quilted. mbo cord hems. Fluffy polyester fiberfill. atching drapery fabric and woven wood ades, 20% off.

edspread
full size . . . . . reg. $150.00 Sale $125.00
rapery fabric, per yard
54 in. wide . . . reg. $ 7.00 Sale $ 5.60
oven wood shade, all sizes on sale
48 in. x 60 in. reg. $ 91.00 Sale $ 72.80
edroom furniture shown here is priced on e preceding two pages.

ay it with brass and glass
ale $6.99 to $69.99

ave 11 to 50%. Most come unassembled. A nch to put together. Tempered glass. hoice of brass or chrome finish.

tagère . . . . . reg. $89.99 Sale $69.99
nd table . . . . . reg. $39.99 Sale $29.99
unch table . . . . . reg. $29.99 Sale $14.99
ocktail table . . . . reg. $49.99 Sale $39.99
ntertainment
center . . . . . reg. $89.99 Sale $69.99
agazine rack . . . reg. $24.99 Sale $19.99
able lamp . . . . . reg. $39.99 Sale $29.99
oor lamp . . . . . reg. $49.99 Sale $39.99

Music stand lamp . reg. $16.99 Sale $14.99
Sofa arc lamp . . . . reg. $69.99 Sale $59.99
Chair arc lamp
(not shown) . . . . . reg. $49.99 Sale $39.99
Cylinder floor
lamp . . . . . reg. $19.99 Sale $16.99
Globe-on-block . . reg. $ 7.99 Sale $ 6.99

Say it timelessly with a bentwood rocker
On sale for only $99.88, reg. $149.95
Unassembled, no delivery. Wood frame. Walnut finish, handwoven cane seat and back.

Say it softly with a Medley accent rug
Sale $24.99, 42 in. x 70 in. size, reg. $29.99. All sizes on sale. 100% nylon pile. Skid-resistant. Machine washable. 8 colors.

Say it with Aspen open-weave draperies
Sale $16.99, 50 in. x 84 in. size, reg. $19.99. All sizes on sale. Machine washable. 4 colors.

Available in most larger Sears retail stores.

All prices higher in Alaska and Hawaii.

Pure & Simple

Sale prices good from
March 26 thru April 22, 1978

Say it with tasteful geometrics

Sheets

$2.79 twin size, $3.79 full size

Comforters

$21.99 twin size, $26.99 full size

How handsome, this blue and brown plaid. And how inexpensive in all sizes. Perma-Prest® muslin sheets of 50% cotton, 50% polyester.

Sheet, twin . . . . . at reg. price $ 2.79
Sheet, full . . . . . at reg. price $ 3.79
Comforter, twin . . . . . at reg. price $21.99
Comforter, full . . . . . at reg. price $26.99
Bedspread, twin . . . . . at reg. price $15.00
Bedspread, full . . . . . at reg. price $20.00
Drapery
48 in. x 84 in. . . . . at reg. price $12.00

Say it timelessly with a bentwood rocker

On sale for only $99.88, reg. $149.95

Unassembled, no delivery. Wood frame. Walnut finish, handwoven cane seat and back.

Say it with modular bedroom furniture

Two drawer
stack piece . . . reg. $119.95 Sale $ 99.88
Drop-lid desk* . . . reg. $299.95 Sale $269.00
Folding chair* . . . reg. $ 49.95 Sale $ 39.88
Cheval mirror
kit* . . . . . reg. $ 69.95 Sale $ 62.88
*special order only

Say it happily with Uni Petite

Sale percale sheets

$6.99 twin size, $7.99 full size

Sale bedspreads

$31.99 twin size, $32.99 full size

Pep up a bedroom with poppy Uni petite. Fine, smooth Perma-Prest® percale sheets, 50% combed cotton and 50% polyester. UNI. A bedding collection designed exclusively for Sears in Finland. ©1977 MARIMEKKO OY. All other sizes are on sale, too.

Percale sheet,
twin . . . . . reg. $ 7.99 Sale $ 6.99
Percale sheet,
full . . . . . reg. $ 8.99 Sale $ 7.99
Bedspread, twin . . reg. $36.99 Sale $31.99
Bedspread, full . . . reg. $39.99 Sale $32.99
Panel curtain
60 in. x 84 in. . . reg. $ 9.99 Sale $ 7.99
Comforter, twin . . . reg. $34.99 Sale $29.99
Comforter, full . . . . reg. $40.99 Sale $34.99
Floor seating
(set of two) . . . . . reg. $34.99 Sale $27.99
Tailored ruffle, twin . . . . at reg. price $16.99
Tailored ruffle, full . . . . . at reg. price $17.99
Bolster pillow . . . . . at reg. price $11.99
Shade, 35¼ in. x 6 ft.
(cut to your size) . . reg. $18.99 Sale $15.99

Available in most larger Sears retail stores.

All prices higher in Alaska and Hawaii

Pure & Simple

Sale prices good from
March 26 thru April 22, 1978

Only at Sears

© Sears, Roebuck and Co. 1978

Say it with a bouquet of flowers

Sale percale sheets

$6.99 twin size, $7.99 full size

Sale bedspreads

$39.99 twin size, $42.99 full size

Never has a bedroom seen so much excitement. From UNI. A bedding collection designed exclusively for Sears in Finland. ©1977 MARIMEKKO OY. Big Uni Bouquet flowers and tiny Uni Tulips. Fine, smooth Perma-Prest® percale sheets of 50% combed cotton, 50% polyester. This time with a bouquet for your bath. All other sizes on sale, too.

Percale sheet, twin	reg. $ 7.99	Sale $ 6.99
Percale sheet, full	reg. $ 8.99	Sale $ 7.99
Bedspread, twin	reg. $44.99	Sale $39.99
Bedspread, full	reg. $49.99	Sale $42.99
Drapery 48 in. x 84 in.	reg. $19.99	Sale $16.99
Panel curtain 60 in. x 84 in.	reg. $ 9.99	Sale $ 7.99
Comforter, twin	reg. $34.99	Sale $29.99
Comforter, full	reg. $40.99	Sale $34.99
Floor seating (set of two)	reg. $34.99	Sale $27.99
Tailored ruffle, twin	at reg. price $16.99	
Tailored ruffle, full	at reg. price $17.99	
Shade, 35¼ in. x 6 ft. (cut to your size)	reg. $18.99	Sale $15.99

Bedroom furniture shown is all priced on a preceding page of this collection.

Say it with supersize towels

Sale $9.59 36 in. x 70 in.

Big Uni Bouquet flowers on supersize and bath size towels. Looped on one side for absorbency, sheared for softness on the other.

And to warm up your feet, coordinating bordered bath rugs in popular sizes. 100% deep, dense nylon pile. Skid-resistant backing. Machine washable.

There's a shower curtain, too. 50% cotton, 50% polyester.

Supersize towel 36 in. x 70 in.	reg. $11.99	Sale $ 9.59
Bath size towel 24 in. x 46 in.	reg. $ 5.99	Sale $ 4.99
Bordered bath rug 24 in. x 36 in.	at reg. price $ 9.99	
Shower curtain	reg. $17.99	Sale $14.99

Say it softly with a Medley accent rug

Sale $24.99, 42 in. x 70 in. size, reg. $29.99. All sizes on sale. 100% nylon pile. Skid-resistant. Machine washable. 8 colors.

Say it again from your $14.88 chair

Buy a bunch! The great Commander's chair price includes the orange polyester, vinyl-coated slip-on cover.

Constructed from selected hardwood. Clear varnish finish. Folds easily for carrying and storage.

Available in most larger Sears retail stores.

All prices higher in Alaska and Hawaii.

Pure & Simple

Sale prices good from March 26 thru April 22, 1978

Only at Sears

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Greenhouse unit *in kitchen's west wall lets in working light*

DON NORMARK

There's hidden *toy storage beneath comfortable window seat. Windows were regrouped into bay, and small spotlights overhead double as reading lamps*

KITCHEN INGENUITY

With little space, they wanted (and almost got) the works

It isn't fair to blame the cost of a new kitchen solely on the high and ever-increasing cost of materials and labor. We demand much more of a kitchen now than we used to.

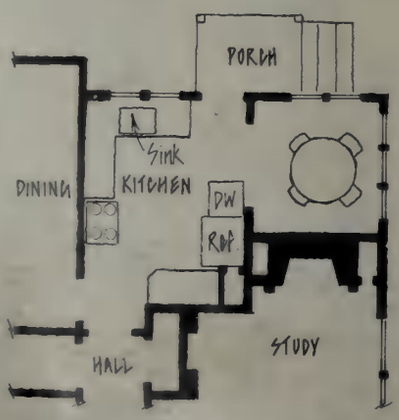
Arthur and Sally Pasette of Seattle decided it would be worthwhile to completely make over the old kitchen in a house that otherwise suited their needs —as long as they could have some specific wants.

They worked with their architects, L. Jane Hastings and Carolyn D. Geise, to determine what was needed for a family with two young children: toy storage; sliding shelves under the counter at a level for small helpers; large bulletin boards; a comfortable window seat; a small extra sink for the children as well as for entertaining needs; a mud closet for outdoor gear; preserving a laundry chute to the basement; and above all, a place where several family members could cook in concert.

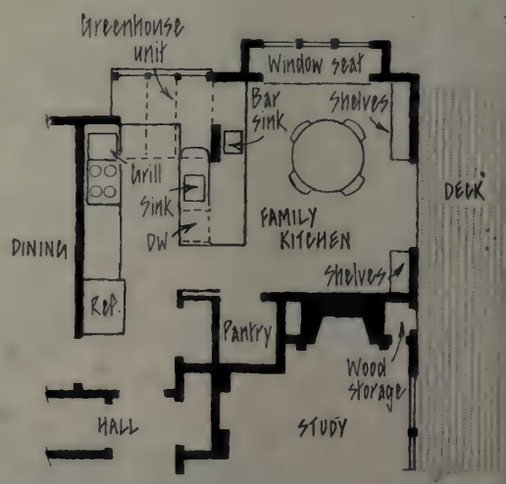
Plainly, the existing space was far too small for such a list. Perimeter walls had to come down. Carpenters extended the west wall 4 feet (much of it became a big greenhouse window and window seat) and pushed back a partition between kitchen and dining room 2 feet to add 130 square feet to the cooking area.

Inside, a freestanding column (see photograph above, left; column is beneath open cupboard) replaces partitions between breakfast room and kitchen. Besides giving necessary structural support,

Bookshelves *surround double door to deck; bookworms can make use of the dining table*



Before: *small breakfast room, very little storage space*



After: *west wall pushed out; space added from dining room*

Last Saturday, he planned
on playing 18 holes of golf.
But, something more important came up.

A diamond is for him.

To give you an idea of diamond values, the piece shown is available for about $7,000. Your jeweler can show you other fine diamond jewelry starting at about $300. De Beers.

Why do educated wine drinkers seek out Souverain?

They know a little knowledge can be delicious. They also know every word on the Souverain label points to quality. Take a look. Or better yet, seek it out and take a sip.

The vintage date means 95% of the grapes used had to be harvested in this year. All Souverain varietals are vintage dated.

Winery name and location. In the heart of California's premium wine country, Souverain selects only the choicest grapes from prime estates.

Varietal designation. The name of the noble grape that inspired the wine. By law, only 51% of this grape must be used. But many Souverain varietals are 100%—except where blending enhances quality.

Appellation. California's North Coast is famous for little "microclimates" that produce the best grapes. That's where all Souverain grapes are grown.

The fine line. The key word is *produced*. It means Souverain winery made this wine from start to finish. No *other* word assures such care.

The Julius Wile seal has been a mark of quality since 1877. Souverain is the *only* California wine to bear it.

Discover the value of Souverain.

DON NORMARK

Walk-in pantry *with shelves of varying width on three sides has space-saving pocket door*

it encloses plumbing and wiring. Electric hot water baseboard heaters replaced old radiators, giving quick heat in the morning without the need to heat the entire house.

White walls pick up and accentuate light coming in from the new windows, while dark-stained oak floors and cabinets (and several Oriental rugs) keep rooms from feeling clinical. Bookshelf space is everywhere: in window alcoves, across one entire wall, and framing the French doors that look out on a generous new deck (you can see part of it in the small picture on page 152).

It's show and tell time in your town

You'll be proud as can be when your town qualifies as a TREE CITY USA. The parks are prettier. The streets are neater. And everyone is a whole lot happier because your town is such a nice place in which to live. Your participating state forester or the National Arbor Day Foundation have all the details.

The National Arbor Day Foundation
Arbor Lodge 100
Nebraska City, Nebraska 68410

Low drawers *hold table-setting supplies at height for small children*

Introducing Ferrothane.™ Nobody's ever seen plastic rust.

Now you can seal outdoor metal things–like his wrought-iron table–in plastic with the rist-and-brushwork of an ordinary paint job.

It's a cinch with Ferrothane Plastic Finish–e new outdoor metal coating from Flecto, the akers of Varathane® Liquid Plastic. You don't ven need a primer.

Just brush Ferrothane over whatever prepared etal surface you'd like to shield from the elenents: wrought iron furniture, gates, grillwork, arden tools, a storage tank, toys. Thanks to errothane's ingredient Rustaid you'll get chemically formulated protection against rust and corrosion.

You'll also get a terrific-looking finish in a choice of 12 Ferrothane colors. Plus a coating that levels itself, spreads evenly, and dries in 4 to 6 hours. And gives outdoor metal things tough, long-lasting protection against rust, corrosion, mars, nicks and chipping.

How long will a coat of Ferrothane last? Well, when was the last time you saw plastic rust?

The Flecto Company, Inc.
P.O. Box 12955, Oakland, Ca 94604

To stop rust use Ferrothane.™

NORMAN A. PLATE

It seems to be *anchored to the hillside; one way down is by steps to garden*

Another route *to and from the deck: spiral stairs enclosed in a wood tower. Security gates at top and bottom keep out small fry*

Roof-level deck for the desert view

Their new roof-high deck gives this Phoenix family panoramic views of the desert that they couldn't get from garden level. It's where they go in the cool of the evening to enjoy the desert sunsets. The deck also makes a shade cover for a concrete patio underneath—their retreat on hot days.

Six sturdy 10-inch-diameter poles secured to concrete footings raise the deck more than 8 feet above the garden grade. A footbridge joins the deck to a hillside, and a circular staircase (shown at right above) provides quick access to the deck from house and patio.

A framework of 4 by 12's and 3 by 8's fastened to the poles is covered with a decking of 3 by 6's. Railing balusters are also 3 by 6's; horizontal members are three 2 by 4's and one 2 by 12. Excluding the bridge, the railing encloses about 180 square feet of sitting-sunning area. A built-in bench, not shown, fills one angled corner, and two built-in planters filled with asparagus ferns fit along one side.

Architect William P. Bruder designed the deck for the Larry Flemings. □

Desert sun and deep sea meet in Bahia San Carlos.

Mexico's rugged desert terrain ends on the beach in Bahia San Carlos. Beyond, the intense blue waters of the Sea of Cortez sparkle a cool invitation. To deep sea fishing, water skiing, snorkeling, sailing and sun worshipping. Golf and tennis on the shore.

Get away to Bahia San Carlos. Quiet. Remote. Naturally beautiful. Where the desert sun and deep sea meet. Get away to Bahia San Carlos for as little as $26 per night—double occupancy, beachfront accommodations. Call your travel agent, mail the coupon, or call us direct at 800-528-3405.

Bahia San Carlos
Guaymas, Sonora, Mexico

Bahia San Carlos sounds like my kind of getaway.
Please send me more information.

Name _____

Address _____

City _____ State _____ Zip _____

Mail to: Bahia San Carlos, 2744 E. Broadway, Tucson, Arizona 85716 S

Only Pella makes a wood window this easy to wash

Pella • Lots of elbow room

Others • Very little elbow room

Only Pella windows are equipped with a hinging system that allows the sash to crank out a full 90° *to the center of the frame.* You get lots of elbow room to clean outside glass — even reach the farthest corners — quickly and easily from inside your home. As a matter of fact, every ventilating window Pella makes — casement, double-hung, and awning — is engineered to be the easiest window you ever washed.

Pella saves energy with more insulation for less money. Pella's Double Glass Insulation System has a full 13/16″ air space between the panes. And the greater the space between panes, the greater the insulation value. As a result, Pella's Double Glass System actually outperforms welded insulating glass, yet costs less per window. Pella's wood construction and modern weatherstripping combine to make Pella windows truly "Energy-Tight".

Pella Double Glass Insulation

Ordinary insulating glass

ella Rolscreen® is hidden.

Easily pulls down.

Latches firmly.

Only Pella makes a disappearing screen. The Pella Rolscreen® is a screen that works like a window shade. It rolls up and out of sight to give you a crystal clear view and let in 20% more light. Then, when you need it, the screen pulls down and latches firmly into position. An interesting option to the standard inside screen on our Clad Casement.

Pella Clad Windows won't chip — won't peel.

Unprotected windows require regular maintenance.

Pella's aluminum exterior needs no painting. Pella wood windows give you the best of both worlds: aluminum cladding in attractive colors outside — all-wood construction inside. We think that's important. Some wood windows that offer clad protection wrap the *exterior* finish all the way around the sash so you see it on the *inside,* which can cause decorating problems. But with Pella, all you see inside is rich, warm wood.

Optional Pella limshade® opens o let in the view.

Adjusts at the touch of a dial to control heat and light.

Pella's Slimshade® . . . the energy saver. The Slimshade is a narrow-slat blind that fits between the panes of Pella's Double Glass Insulation System. Besides providing privacy when closed, the Slimshade can lower heat loss by 62% and solar heat gain by 82% when compared to a single pane, unshaded window. A practical energy saver.

FREE. 16-page "Window & Door Ideas" book for traditional and contemporary homes. Tells you everything you need to know about window types and how each works, window treatment in various architectural styles, and important considerations in window placement and selection. After you've read this book, visit your Pella Planning Center for further assistance. It's in the Yellow Pages, under "windows".

Please send me a copy of "Window & Door Ideas".

☐ I plan to build. ☐ I plan to remodel. ☐ I would like an appointment at the Pella Planning Center nearest me, have someone contact me.

NAME

ADDRESS

CITY STATE ZIP

TELEPHONE

Mail to: Pella Windows & Doors, Dept.C06D8,100 Main St., Pella, Iowa 50219. Also available throughout Canada. Coupon answered within 24 hours.

Rolscreen Co. 1978

NORMAN A. PLATE

Layered redwood *4 by 4's make sturdy bench-planter. Mulch under trees helps cut down on watering. Bench boards slip easily into planter slots. Designer was Paul Covello, San Jose*

Bench and planters ...with 4 by 4's, hammer and saw

Outdoor shade and seating are the rewards of this easy-to-build planter and bench unit. The only tools needed are a saw and a hammer.

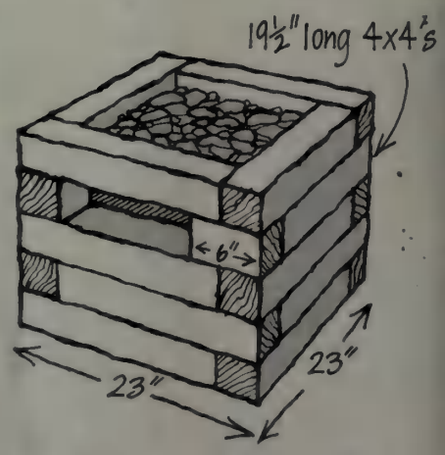
Buy five 14-foot lengths of 4 by 4 construction-grade redwood or cedar for the planters and three 8-foot lengths for the benches, 24 feet of ⅜ by 4-inch benderboard for the bottoms, and some 12-penny (3¼-inch) common nails. Total cost should be about $45 to $55.

First, cut four 19½-inch lengths for the bottom layer of one planter. Join the pieces to form a square, as shown in the drawing below, and toenail together—from both top and bottom. (Because rough 4 by 4's may vary as much as ½ inch in thickness, you may have to adjust lengths a little to produce the five evenly matched 23-inch squares required for each planter.)

In the fourth or next-to-last layer, leave a 13-inch opening for the bench by cutting a 6-inch length of 4 by 4 for one side of each planter.

To join pieces for the top square, nail only from the bottom so nails don't show. Join layers by toenailing from the inside of the planter. For the bottom of each planter, cut five 22-inch lengths of benderboard; nail to the bottom square, spacing them ¼ inch apart for drainage.

Assemble the bench by slipping the three 8-foot 4 by 4's into planter openings; leave them loose for mobility. Sand tops and edges smooth, then if you like give the entire unit two or three coats of oil sealer or stain. □



Bench slot *in fourth layer matches slot in the planter facing it*

Some houses were never meant to be painted.

Architect: Architectural Workshop—Moscow, Idaho. John Anton Berg—Designer

The most beautiful thing you can do for your home is to preserve and protect it against sun, rain and harsh climates with Olympic Stain.

Olympic's penetrating protection lets your wood breathe. So, we guarantee it against cracking, peeling and blistering. Your home receives lasting protection no matter how wet or how dry the weather gets. That's why architects specify Olympic more than any other stain.

Available in 66 beautiful semi-transparent and solid colors. Please follow easy label directions. For more information, consult the Yellow Pages for your Olympic dealer or write: Olympic. 2233 112th Avenue N.E., Bellevue WA 98004.

Vibrant. *Now windows come alive with Kirsch Woven Woods. Colorful yarns and luan mahogany bring nature's rich colors and textures indoors. In 60 exciting patterns to vitalize every room.*

Carefree. *Kirsch Woven Woods are a natural for today's al living. They're easily installed . . . washable . . . and help reduce heating and cooling costs, too. or folder and nearby store, write Kirsch Co., Dept. BE-478, Sturgis, Mi. 49091.*

The natural look of today's windows.

Versatile. *Ideal for dramatic sliding and folding do And for arched, angled and b windows. Kirsch Woven Woo are custom-cut for perfect fit a feature Teflon® pulleys.*

Kirsch
Woven Woods

Save thousands...

the luxuries are standard equipment on the Holiday Rambler® motorhome!

There are approximately ten lines of motorhomes in the top luxury class. Names such as Landau, Vogue, Sportscoach and Executive.

If you will compare feature-by-feature you will discover Holiday Rambler® motorhomes rank with the finest in appointments and features. And rank lowest in suggested retail prices!

This is understandable. Holiday Rambler Corporation expertise in recreational vehicles shows in every detail of their motorhomes. In the fine cabinetry...the marvelous use of space...the quality control and in production efficiency.

Result: a fine motorhome for thousands of dollars less than the other motorhomes in the Holiday Rambler class.

Get the facts FREE. Call TOLL-FREE and get a color brochure with all the features and specifications. You will discover that Holiday Rambler gives you many features as standard that are "optional" on other fine motorhomes. We'll give you the name of a nearby dealer. Call (800) 348-7439. In Indiana it's (800) 552-7681.

25th ANNIVERSARY HOLIDAY RAMBLER A TRADITION OF QUALITY

Holiday Rambler...the motorhome with it all, including a reasonable price!

Holiday Rambler Corporation, 65528 State Road 19, Wakarusa, IN 46573

Refrigerators by Dometic®

© 1977 Holiday Rambler Corporation

NORMAN A. PLATE

Light *cane panels contrast with darker fir*

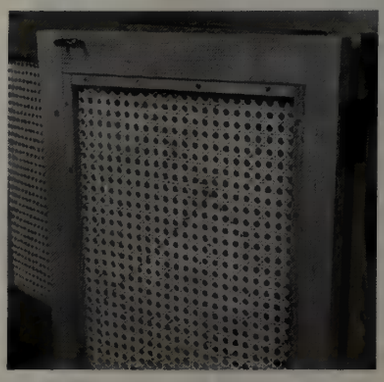
Cane webbing in the kitchen

A practical as well as decorative material for paneling kitchen cabinet doors, cane webbing allows air to circulate, can be wiped clean with a sponge, and gives a nice textural contrast.

Since you soak the cane before installing it, door frames must be heavy enough to withstand the tension as the cane dries. These doors are 1-1/16-inch-thick fir with a ¾-inch rabbet cut around the inside back of each frame.

Cut webbing to size and soak in warm water for 15 minutes (it expands about ⅛ inch per foot). Towel dry, trim to exact size to fit into ¾-inch rabbet, and glue and staple in place. Fit ½-inch wood strips over webbing around inside of frame, then nail or screw in place.

Cane webbing is usually sold in 12 to 24-inch rolls for about $3 to $8 per square foot. To find a supplier, look in the yellow pages under Caning or Chair Caning. □



Wood strips *screwed into door frame hold cane taut as it dries*

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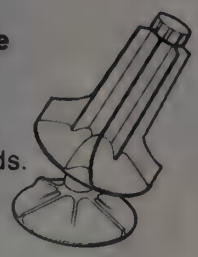
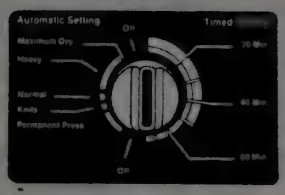
Color shown: Harvest Wheat.

Our washer/dryer team has the quality features you want. At the savings you want.
A 2-in-1 agitator, a hand wash setting and 3 wash/ spin speeds.





The dryer has automatic time control, programmed drying selections.

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#5755 Gas dryer. Reg. 299.95 **Sale 259.95**

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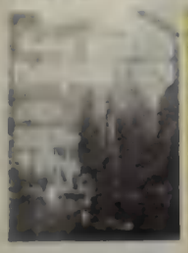
At stores with major appliance departments. Prices slightly higher in Alaska, Hawaii and Puerto Rico.

JCPenney

Now—TWO great traveling companions from Sunset



The West's most popular guide for RV and tent campers: over 400 pages, more than 9,000 campgrounds. It helps you find the right spot!

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Send the following Sunset outdoor specials:

☐ Western Campsite Directory—$4.95 plus $1 postage and handling. (Add 30¢ tax in Calif.)

☐ Western Travel Adventures—$2.95 plus $1 postage and handling. (Add 18¢ tax in Calif.)

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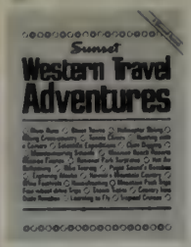
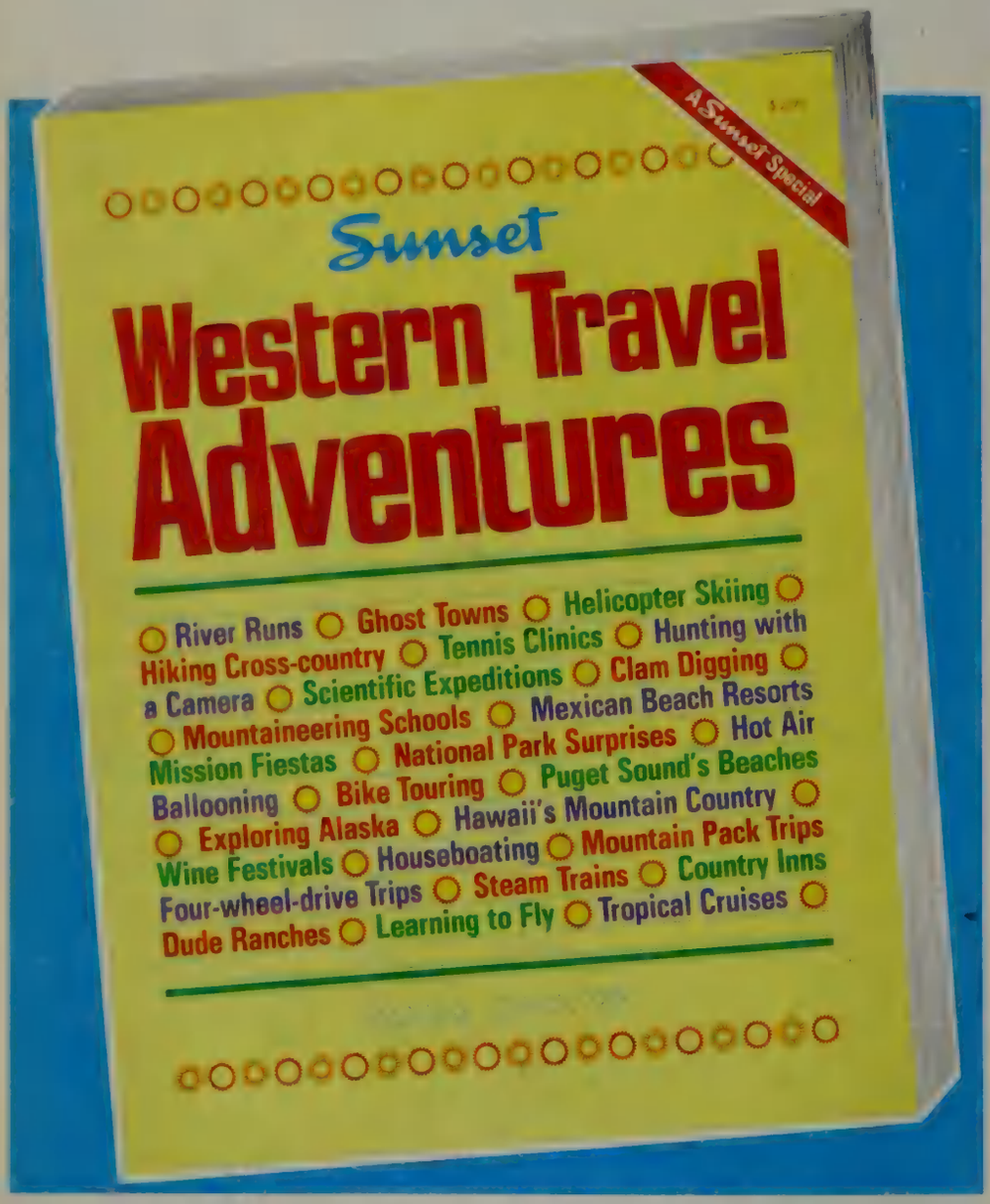


Sunset's newest—the family guide to great weekend and vacation adventures. More than 200 pages packed with details on what, when, where, why, and how much



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At bookstores and newsstands—$2.95

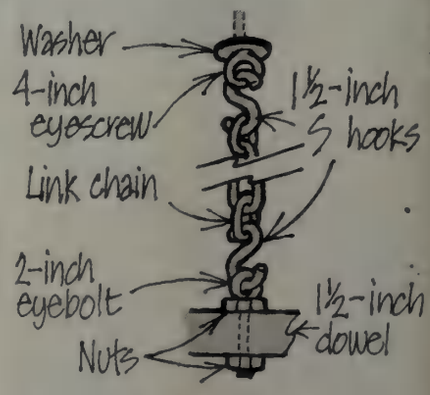
NORMAN A. PLATE

Handful of hardware, *1½-inch dowel, and metal chain make a simple pot rack*

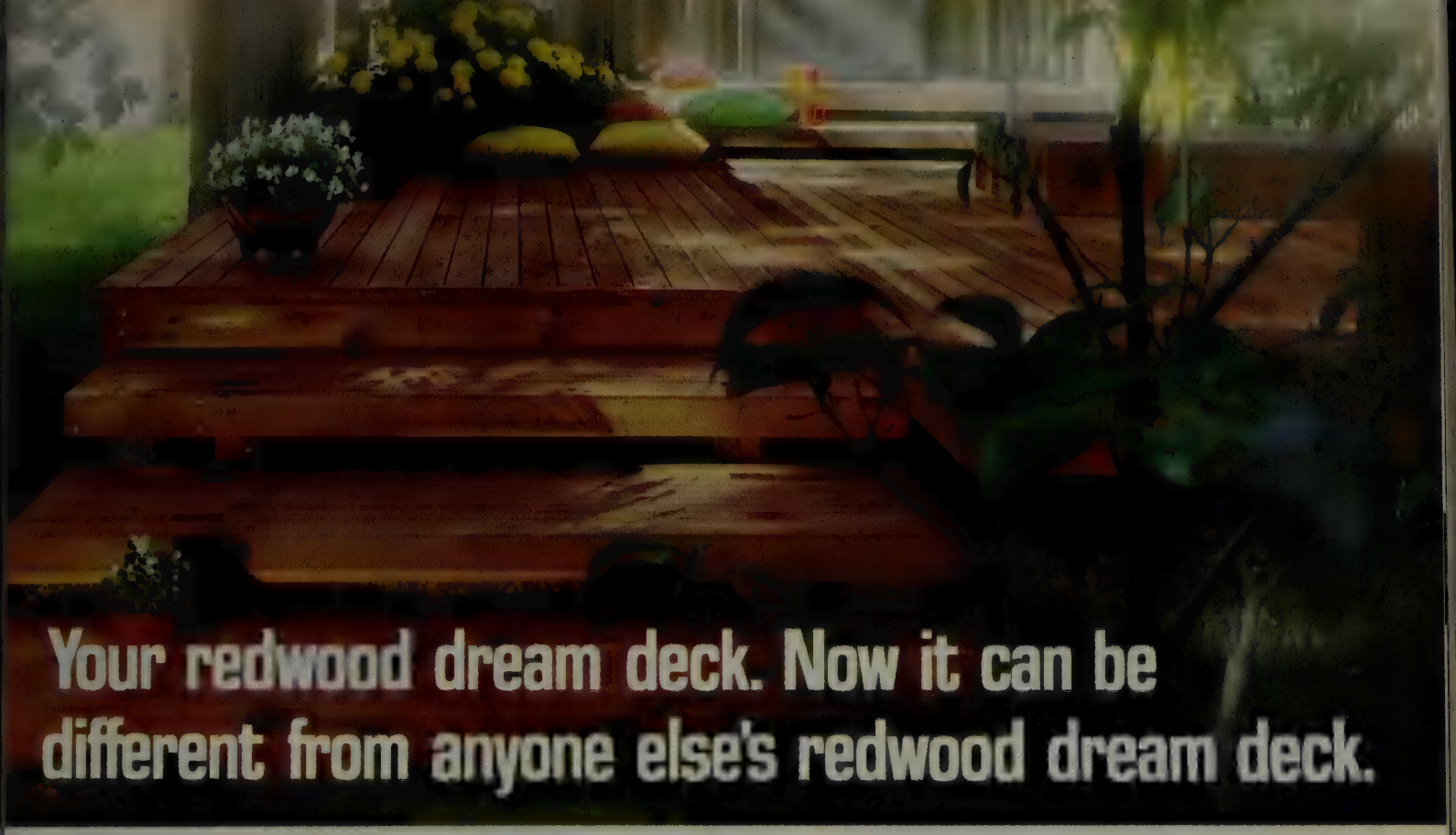
Lightweight rack puts pots in reach

With less than $10 worth of materials from a hardware store and lumberyard, you can make this lightweight pot rack in about an hour. It puts cooking utensils within easy reach and frees cupboard space for other needs.

To support the weight of the pots, the rack must be secured to ceiling joists, not to gypsum board. Locate the joists (they're probably 16 inches apart) and twist 4-inch eyescrews into them through the ceiling; they're spaced 36 inches apart for this 44-inch rack. (If the joists run at right angles to the rack, you may be limited to 16, 32, or 48-inch spacing.)



Drill holes in the dowel for eyebolts, the same distance apart as the eyescrews. Screw pot-hanging hooks into the dowel, then suspend it with S hooks and a metal chain. Adjust to a convenient height. □



Your redwood dream deck. Now it can be different from anyone else's redwood dream deck.

A deck that's all your own begins with a design that's all your own. Design your own redwood deck with the Redwood "Design-a-Deck" Plans Kit.

- Adaptable patterns for an endless variety of decks to suit your home and landscaping
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Then you can build your deck yourself with natural, low-cost garden grades of redwood.

Or recommend redwood when you consult your contractor.

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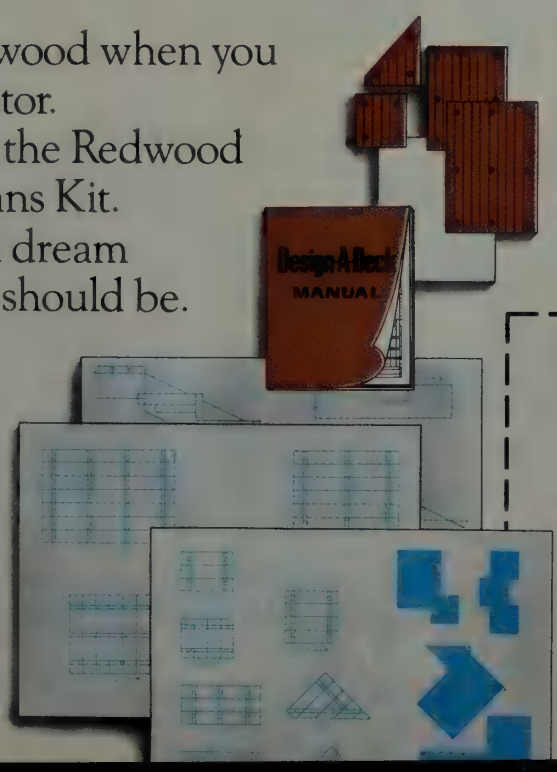

$4 gets you the new Redwood "Design-A-Deck" Plans Kit.

Each plans kit contains five large sheets of working drawings; a complete list of required materials; a 20-page, illustrated step-by-step manual; graph paper and unique punch-out patterns to help you decide exactly where to place your deck; information on hillside installations; plus detailed plans on steps, benches and railings.

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I'm enclosing a ☐ check ☐ money order for $4.00.
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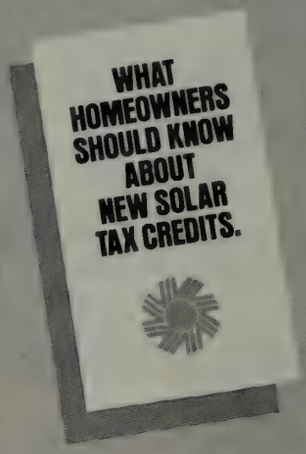

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GLENN CHRISTIANSEN

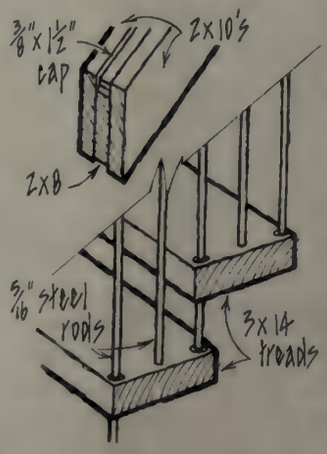
Airy stairs *encased in redwood framework float up past tall windows beside the garden*

Their staircase seems to "float"

In a multilevel house, the necessary column of stairs can be bulky and oppressive. But the stairs in our photograph prove this need not be so—they are sturdy, yet seemingly suspended in space. Well lighted by a dramatically tall window, they set the scene as you enter this Oakland house designed by architect Paul H. Lutton of Vacaville, California.

Each carpet-wrapped tread hangs from three 5/16-inch steel rods bolted to the handrail. The same system acts as a safety railing across the landings. Rods are spaced 5 inches apart.

The redwood bench under the stairs is a convenient stopping place before the climb up or on your way out. □



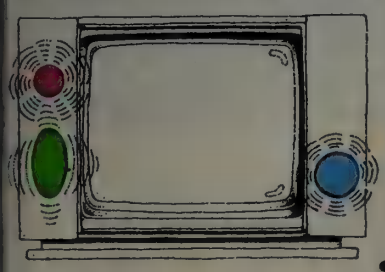
Steel rods *interconnect the treads; cap finishes off the handrail*

How to buy a television set with your eyes closed.

Ever since the early days of television, manufacturers have stressed picture, picture, picture.

As a result, television sound has changed little since the introduction of the first sets over 50 years ago.

Hear as well as you see. But now to go along with Quasar's sharpest, clearest picture yet, we add Audio Spectrum Sound.™

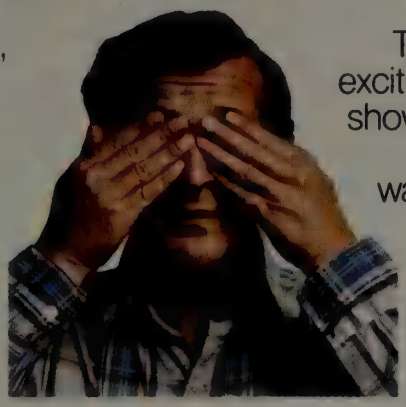


A Quasar exclusive, it finally makes television sound as good as it looks.

Not one speaker but three. You see, whether it's a 100 piece orchestra or a simple conversation, most televisions cram everything through one speaker.

But our new Audio Spectrum Sound sets have three speakers. Each technically tailored to reproduce a precise portion of the sound spectrum.

Higher highs, lower lows. So there's a conventional speaker for mid-range sounds. A bass speaker specifically designed to deliver lower lows, plus another speaker for higher highs.



Together they add a whole new exciting dimension of reality to every show you watch.

Why it's *so* real, that when you watch a concert you'll think you're in the front row instead of your living room.

Some features we'd never change. Besides a great new sound system, Audio Spectrum Sound sets also feature traditional Quasar quality and reliability. Because the show must always go on. And on. And on.

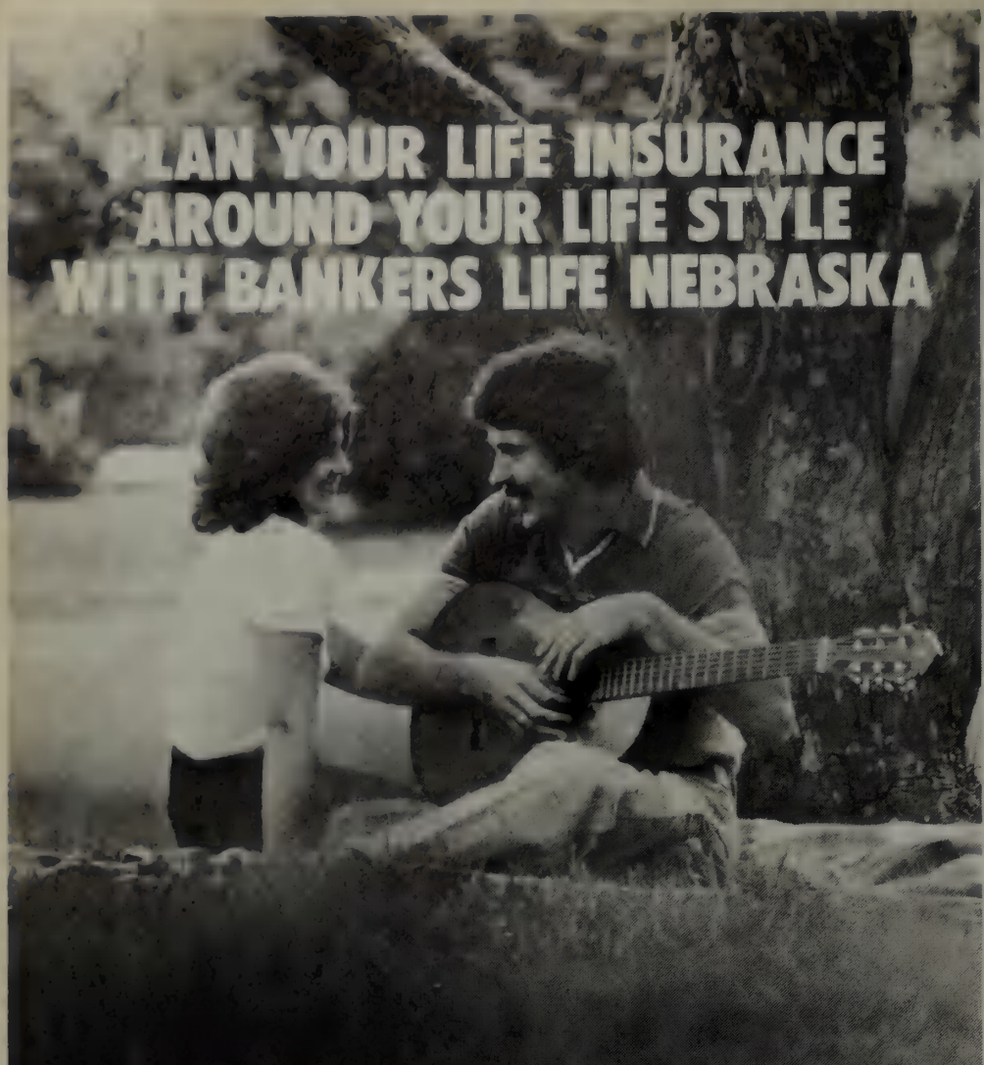
So before buying your next TV, see your Quasar dealer and hear the difference Audio Spectrum Sound makes. And while you're there, see Quasar's Great Time Machine. It's a home video tape recorder that lets you record your favorite programs to watch at your favorite times. (That's it under the TV set below.)

But remember, if you don't hear Audio Spectrum Sound, you might spend the next few years missing out on a lot.

Simulated Picture

Quasar®

makes television special again



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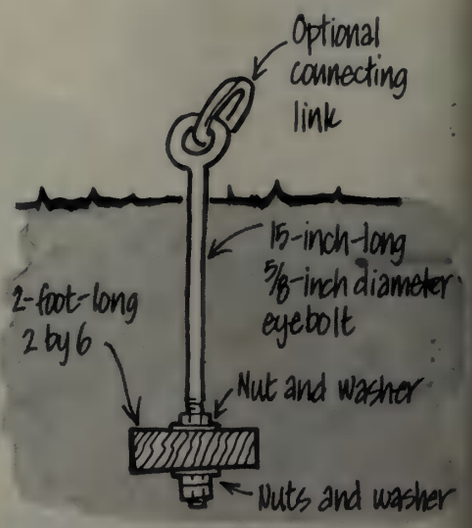
PETER O. WHITFLEY

Chain lock *secures bike to eyebolt buried unobtrusively in planting bed*

Bike security at home

A sad reality of life is that a child's bike often must be locked up in his own front yard. Colin Wright of San Jose, California, learned this lesson the hard way when his son's bike was stolen; he devised this simple, unobtrusive system to prevent future losses.

Since there are no trees or stumps to anchor a bike chain, Mr. Wright buried a length of redwood 2 by 6 with a 15-inch-long eyebolt attached to each end. The 2 by 6 is buried deep enough that only the eyebolt rings show above ground. Bikes are chained to open-ended connecting links (closed with a hammer or vise) on each eyebolt. The system safeguards two bikes at once. □



Eyebolts are anchored *to base with double nuts, then buried up to ring*

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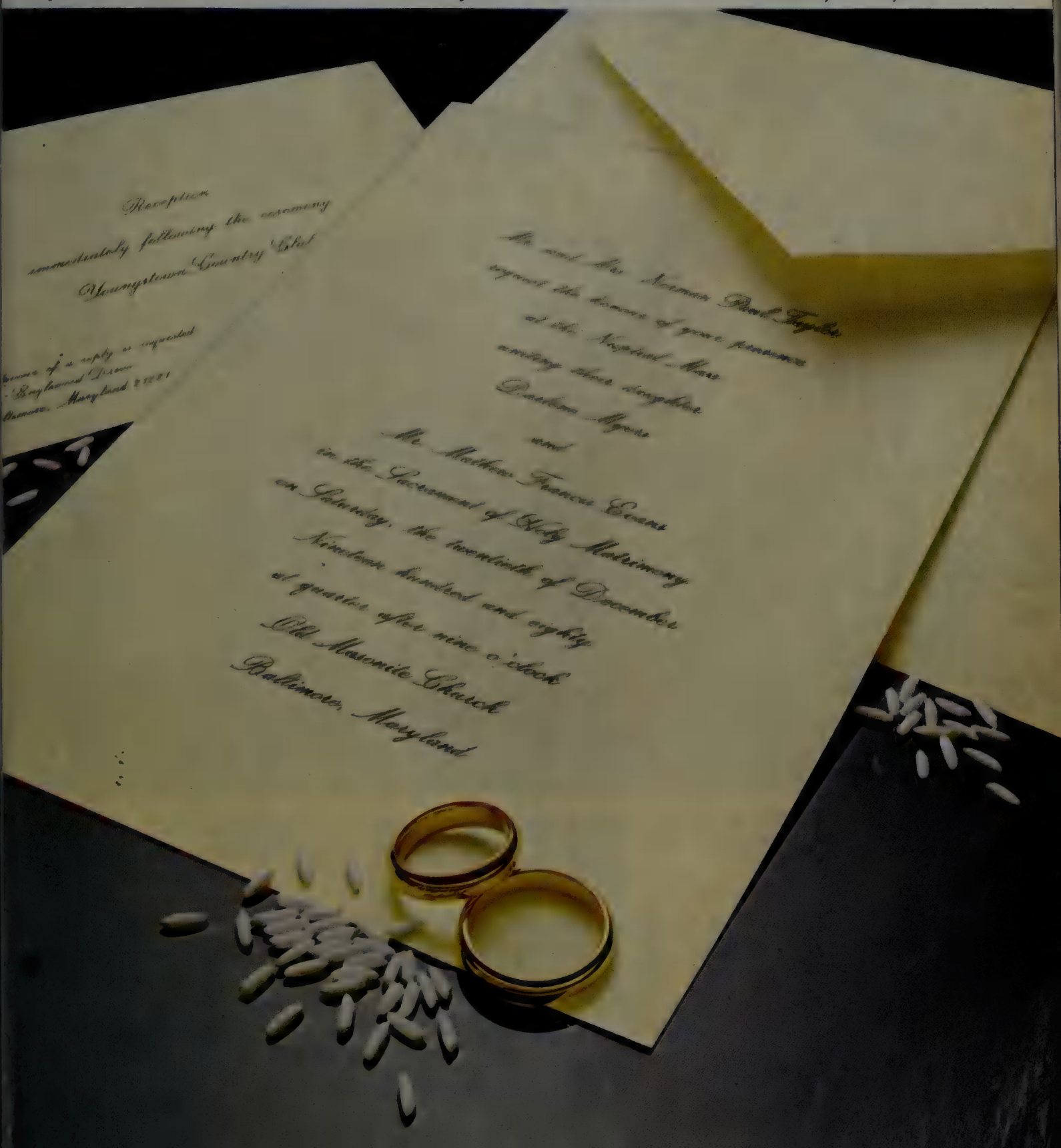

*With automatic transmission

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The Dashers are out m
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surprising ways.

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more than any wagon i
class, and that's that.

If you own a Mercedes-Benz 30E, you'll be depressed to find at the Dasher 2-door Sedan vith standard transmission) oes from 0 to 50 quicker than the ercedes,* and carries more in trunk.

If you're about to spring for a olls-Royce, hold it. The Dasher door Sedan holds more in its unk than the Rolls, too.

To be fair, the Mercedes and the Rolls do equal the Dasher in some respects.

All 3 have dignified interiors, with handsome, thoughtful appointments like reclining bucket seats, remote control outside mirrors and quartz electric clocks.

We asked an owner why she chose the Dasher Wagon: "Because Mercedes doesn't sell one."

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JUST RELEASED

Eye of the Swan

This unique white wine has been created from the noble Pinot Noir, a black-skinned grape which has clear juice. The juice was quickly separated from the skins allowing only a slight blush of pigmentation, resembling the same copper hue in the eyes of the black Australian Swan in my aviary.

This is a totally dry wine with full Pinot Noir flavor. Recommended to accompany quiche Lorraine, curry dishes, rack of lamb, or serve it chilled to your guests before an elegant meal.

Enjoy it now or put it down in your own cellar, it promises to be an interesting white wine to bottle age.

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NORMAN A. PLATT

Pushed-out wall *with its floor-to-ceiling glass really opened up dining area, giving both it and the kitchen maximum light and view. Refrigerator was moved over to former wall oven spot (far right) and counter was extended. Enlarged dining area accommodates a small table*

Pushed-out glass wall opens up the dining area

The house in Orinda, California, appealed to Susan and Lance Burris because of its open, tree-house feeling. Mrs. Burris knew from the start that the kitchen didn't match her ideal, but not until she began working in it did its shortcomings become obvious:

"The lack of counter space and the absence of a family dining room became real problems for us. We have several relatives who visit us frequently, and they like to cook."

A few simple, relatively inexpensive changes made a big difference.

The dining area gained 21 square feet of floor space when the window wall was pushed out 3 feet. There's room for family and friends to gather around a table for meals or just to visit.

New floor-to-ceiling windows let in more light and give one a feeling of eating out-of-doors.

The counter gained 3 feet of length when the refrigerator was moved to the opposite wall and a wall oven was eliminated (the electric range has an oven underneath). New countertops of ceramic tile with a mahogany edging provide a practical heat-resistant surface for food preparation and informal buffets.

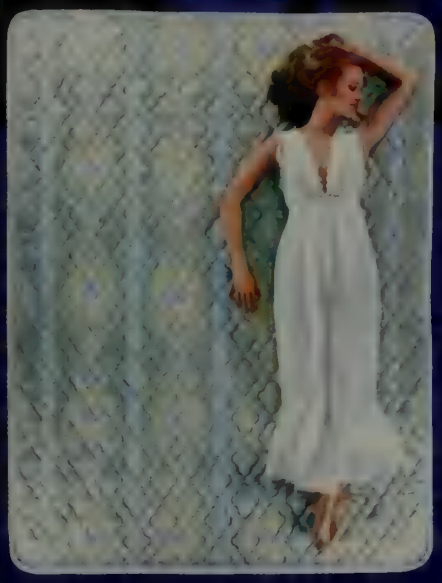
Since the kitchen is clearly visible from the main entrance hall, terra cotta vinyl tiles were chosen to replace linoleum. They make the kitchen seem less of a separate room, more in harmony with the rest of the house.

Architect Stuart Goforth of San Francisco designed the remodel. □

Before. *Short counter seemed blocked off by refrigerator. Breakfast bar beyond was adequate for only two people*

ERNEST BRAUN

The Sealy Posturepedic morning. Feeling so good it shows.



We want you to wake up feeling this good every morning.

So we designed the Sealy Posturepedic in cooperation with leading orthopedic surgeons for no morning backache from sleeping on a too-soft mattress.

Sealy Posturepedic is a unique back support system. Cushioning layers comfort you. Hinged offset coils give you firm support. And our patented torsion bar foundation helps make your Posturepedic last years longer.

And now, you can choose a Posturepedic in the kind of personal comfort you like—from extra firm to gently firm. Whichever you select, you'll have the same deep-down support.

So don't just settle for any firm mattress. Insist on the one and only Posturepedic. Made only by Sealy.

And wake up feeling so good it shows—every Sealy Posturepedic morning.

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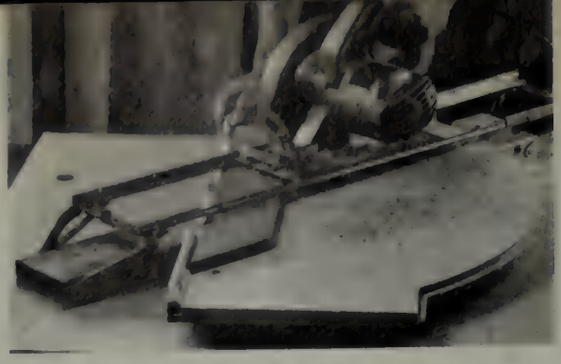
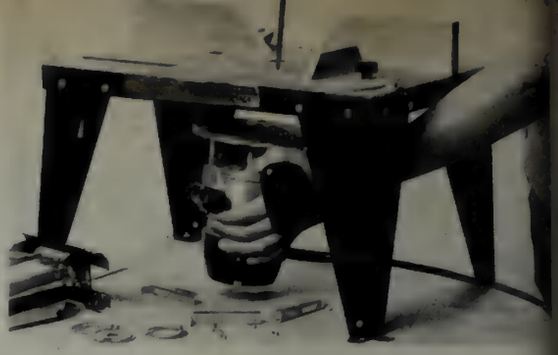
DARROW M. WATT

Universal stand *(about $20) converts power drill to drill press. Height of tool and depth of hole are adjustable*



Mitered corners *can be cut precisely with miter arm attachment (about $35) for circular saw. Saw slides on track which pivots to rest on material to be cut. Unit requires mounting on larger board*



Dual-purpose table *holds router (for router-beveled edges) or saber saw (for rip cuts). Table, about $40, comes with plans for wooden guide shown, which you must build*

Hand tools work as stable table tools

You can greatly increase the range and accuracy of your woodworking projects by entrusting hand power tools to "hands" that won't waver, as the human varieties are known to do. Guides, stands, and other accessories can free you to use both your hands to guide the material you're working with through, under, or around the tool. In effect, these tool extenders turn hand tools into table tools.

Sold at hardware stores and through catalogs for $5 to $70, they make useful gifts for the home craftsperson.

A drill stand, circular saw miter arm, and router/saber saw table are pictured and described above. Among other possibilities:

Saw tables are the best-known attachment. For about $40 a saw table can transform a hand-held circular saw into a more precise table tool. Accurate cuts become simpler, letting you try projects you may have hesitated to undertake.

There is also a tablelike stand (about $20) for your belt sander. Again, it lets you move the material to the tool instead of the tool to the material. Two positions on the stand let you do both rough and finish sanding.

The least expensive extender turns your power drill into a bench grinder. Called a universal horizontal drill stand, it costs about $5. Attach a grinding wheel, wire brush bit, or buffer to your drill and you can do any number of new jobs, from polishing metal to sharpening chisels.

Many attachments are available for routers, from a pantograph for doing wood tracings and engravings (about $13) to a router-crafter that turns your router into a lathelike tool for making detail cuts on cylindrical objects such as table legs (about $70).

All these accessories require some assembly, and all are designed so the power unit can be quickly detached for hand-held use. □

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DON NORMARK

Metal grille *covering hot-water pipes is a good place to dry mittens*

Heat from radiator pipes

These energy-conscious days, heat is heat—worth putting to use wherever in your house you may find it. Our photograph shows a source of heat that some people may not realize they have: the pipes carrying hot water to second-floor radiators.

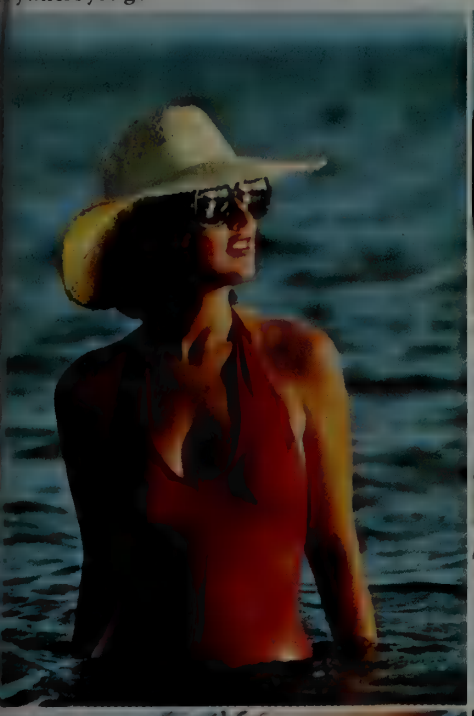
As part of a larger remodeling project on a 70-year-old house in Seattle, architect Caroline D. Giese designed a box that would cover the exposed hot-water pipes running up a wall in the first-floor hall. Owners Ed and Florencie Riley agreed that encasing the pipes would give the hallway a neater, more up-to-date appearance, but they still didn't want to lose the heat given off by the two pipes.

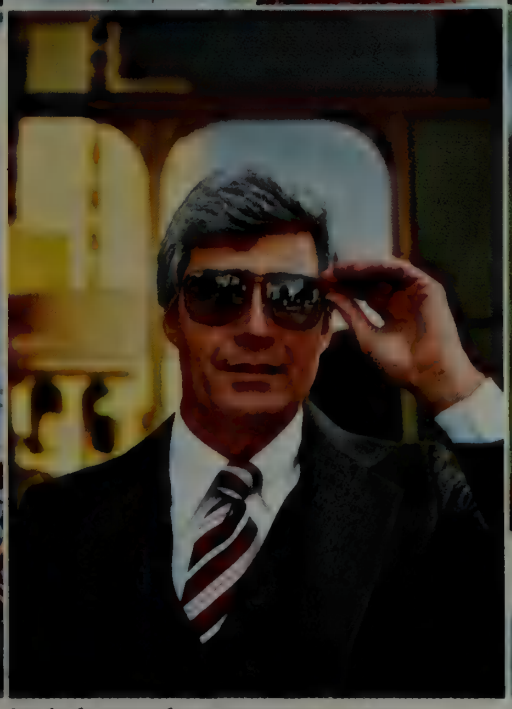
The architect's solution was to cut two openings in the box to accommodate a pair of long narrow grilles. Made from metal screening and framed with pine molding, the grilles are painted to match the woodwork. Inside the box, both pipes and wall are painted flat black to maximize the heating effect. □

extra brilliant glaring sunlight: ston's 101 Sun Glass in a charcoal plastic frame Ray-Ban full Inconel mirror lenses. Perfect he beach, poolside, or for just looking terrific ywhere you go.

For haze and glare: The Ray-Ban Shooter Arista metal frame for men with Kalichrome lenses; and from the Cambrian Collection, the Rideau model in a sunset plastic frame for women with glare-cutting G-31 lenses.

For overhead glare and shadows: The Ray-Ban Large Arista metal frame with top gradient G-31 lenses cuts reflective glare common in driving while protecting vision under many different kinds of light conditions.





r surface and overhead glare: The Ray-Ban 78 model black metal frame for men with dou- e gradient mirror lenses; the Cambrian Collec- on, Sherbrooke model russet blue plastic frame r women, glare prohibitive G-31 lenses.

For indoors and out: The Ray-Ban Caravan black metal frame with photochromic lenses that go from light to dark grey, depending on light conditions, to wear outdoors on sunny and cloudy days plus indoors.

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NORMAN A. PLATE

Oak-and-fabric bridges *between plastic-covered boxes make a handsome seating group. Note the pair of ½-inch reinforcing dowels that join the two oak back pieces*

Zigzag springs *span glued and screwed frame; thin foam pad and heavy fabric cover the springs*

Plywood boxes support this couch and chair

Plywood boxes at either end of this couch and chair support the bottom frames and back boards—and also serve as handy end tables. The units, designed and built by architect Les Wallach of Tucson, are not difficult to make if you have a power saw and drill; if you doubt your skills as an upholsterer, just buy the cushions first and size the frames to hold them.

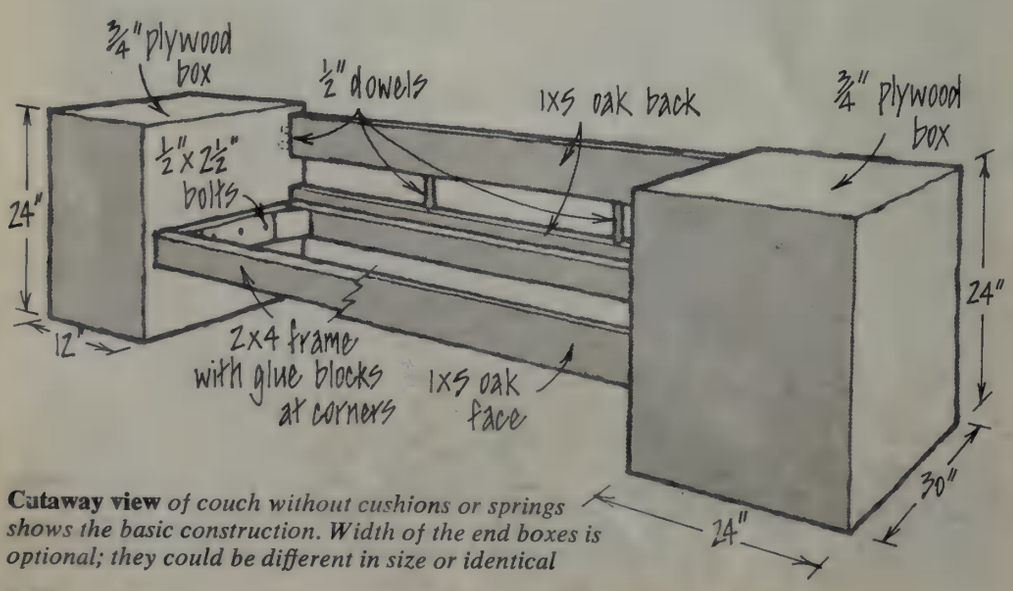
Made of ¾-inch plywood glued and screwed together, the bottomless boxes are 30 inches deep and 1, 2, and 3 feet wide. Wallach covered them with a red-brown plastic laminate. A cabinetmaker could do this for you if you don't have the tools (a router with laminate-trimming bit is required). Or instead, cover the boxes with paint, fabric, leather, or wood veneer.

Oak-faced 28-inch-deep frames span the gaps between the boxes. The frames can be fitted with a solid base of ½-inch plywood, or sprung with flat springs bought at an upholstery store. If you use springs, staple some type of cloth covering over them, with or without a foam pad.

When the frames and boxes are complete, prop the base in position and drill 9/16-inch holes through the frame and the in-facing sides of the boxes. Also drill two holes in each box to receive the upper back dowels.

Bolts running through 9/16-inch holes are threaded with nuts inside the 2-by-4 frame. Tightening the nuts secures the boxes to the base and locks in place the doweled oak back.

Shredded foam fills the 6 by 12 by 24-inch back cushions, while the bottom cushions are 3 by 24 by 24-inch slabs of high-density foam. □



Cutaway view *of couch without cushions or springs shows the basic construction. Width of the end boxes is optional; they could be different in size or identical*

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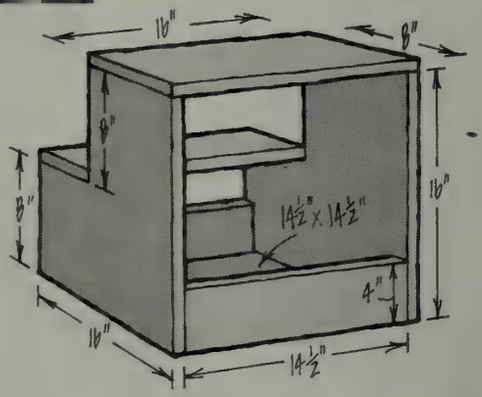
Stepstool is also a carryall for cleaning supplies

DARROW M. WATT

Steps *of carryall boost you up 16 inches for a better reach. Bottom holds cleaning supplies. Unit can be quickly cut from plywood and glued and nailed together, using the sketch below as a guide*



By storing often-used house cleaning materials all in one place, you can make many small jobs easier. And when that one place is portable, the jobs become easier still.

This stepstool-carryall is a place to store and a way to carry. It was inspired by one we saw in use on the assembly line at a mobile home factory in Riverside, California. Workers there carry wood boxes like it—filled with cleaning materials—from unit to unit to do final cleanup chores.

Our version can easily be made from a 3 by 4-foot piece of ¾-inch plywood. It holds cans of cleansers, dust cloths, rags, sponges, whisk broom, window-washing materials. A roll of paper towels fits on a metal holder screwed underneath the top step.

You can carry the stepstool from job to job and also use it when you need a boost to clean light fixtures, windows, and other things that take reaching. The two 8 by 16-inch steps are a comfortable width to perch on; since there's no overhang, there's little chance of the stepstool tipping.

Four-inch-high panels at the front and back keep things from falling out.

A plywood scrap glued and nailed under the front of the top step gives a handhold at the center balance point. (You could also cut a handhold in the top step.) Rubber feet screwed into the bottom at each corner keep the stepstool-carryall from scratching floors. □

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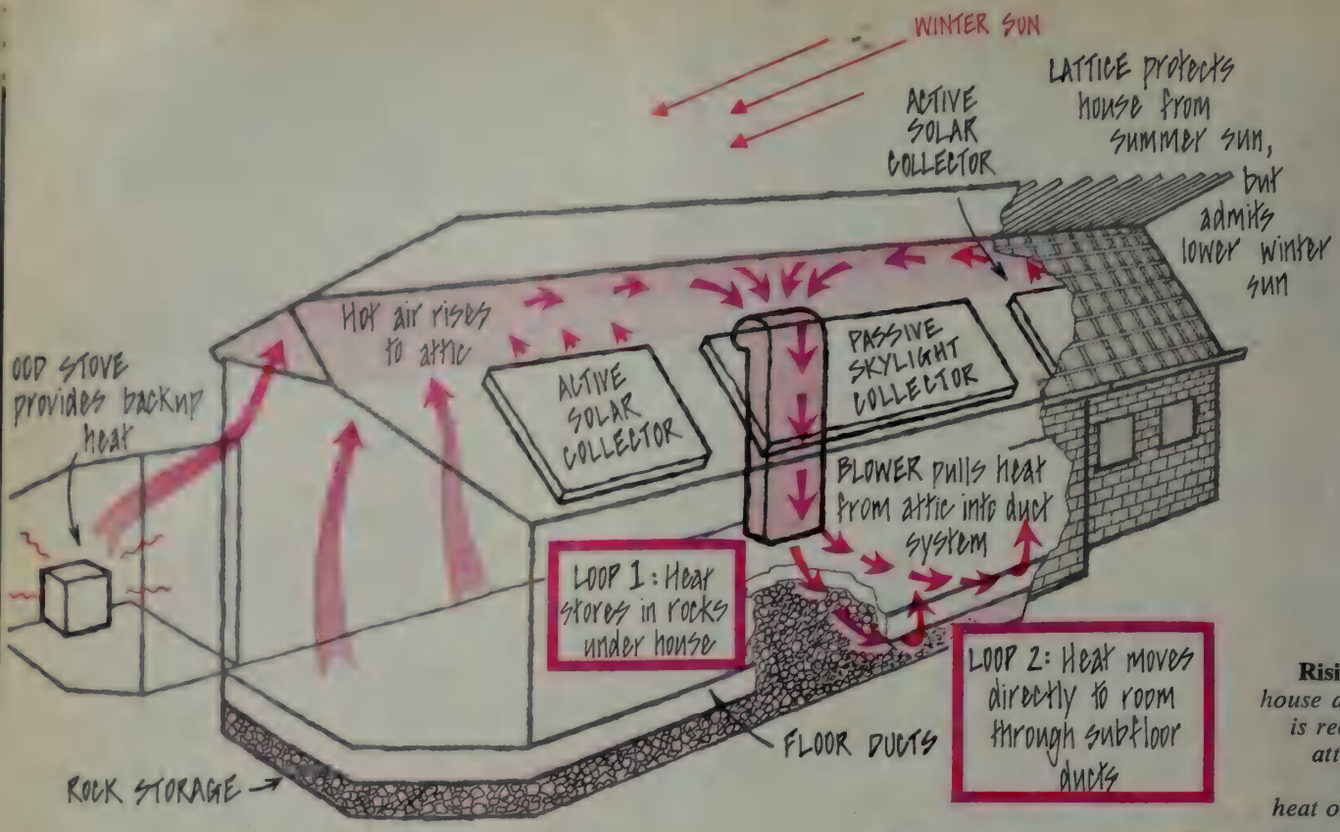

Rising heat *from house and collectors is reclaimed from attic by blower. Lattice keeps heat out in summer*

PETER O. WHITELEY

The third approach in solar heating: the word is "hybrid"

We hear much these days about "active" (mechanical) and "passive" (architectural) solar home heating. But here we show a third approach, increasingly called "hybrid"—an attempt to merge the best of both active and passive systems.

Designed by owners Bill and Wanda Colyer of Taos, New Mexico, this house receives its winter solar heat through a south-facing glazed roof that does double duty. The center of the roof is exposed to the main living area for direct daytime heat and light, while solar collectors (black-painted metal panels that air flows over) on each end of the roof collect additional heat destined for storage for later use.

Here's the key to the system: Heat from collectors, rooms, and appliances rises to a well-insulated peaked attic, where

Central skylight *provides direct heat on even the coldest (but sunny) New Mexico winter days. Pull-out screens of aluminized Mylar (at left) help keep the heat indoors at night; the reflective side faces inward*

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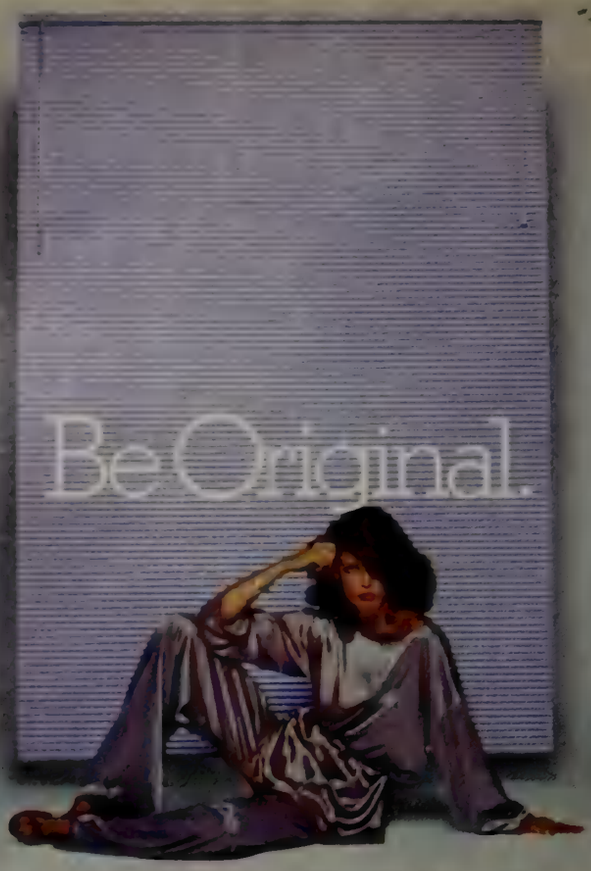

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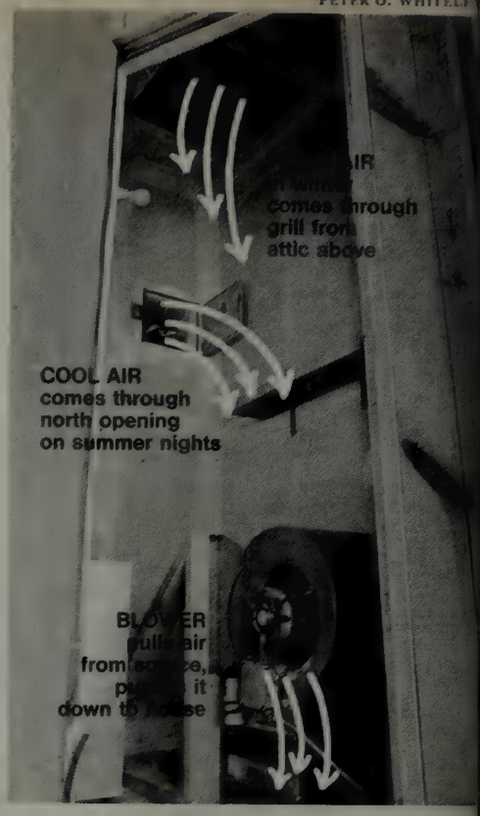

Core of the system: *Blower pulls heat from attic in winter (or cool night air in summer) through opening in north wall*

it's trapped and pulled down and under the house by a ¾-hp blower, then allowed to rise and warm the house's occupants again. The mechanical input—a small amount of electricity to run the blower—effectively recycles heat that rises by convection to a point above where it's useful in many homes.

On warmer days, dampers automatically direct the pulled-down warm air into storage in a layer of rocks under the house; at night, this stored heat rises into the rooms through a 1-inch opening around the perimeter of the floor. On colder days, attic air bypasses the storage and reaches the rooms directly through ducts immediately under the floor. On below-zero days, a wood-burning stove in the garage provides extra heat for the attic-blower system.

Additional daytime heat is stored in the adobe-brick walls, which are backed by rigid insulation protected by another layer of adobe bricks outside.

The wood stove is the only backup energy source. Last winter the Colyers' electric bills averaged $30 per month for *all* uses, including appliances.* (Domestic hot water is preheated by a heat exchanger in the hot attic.)

An overhead lattice screens the roof from the sun by June and readmits it by September; it's slotted to prevent snow buildup.

The blower is also helpful in summer, drawing in cool air through a north opening at night and pushing it into storage for daytime use. ■

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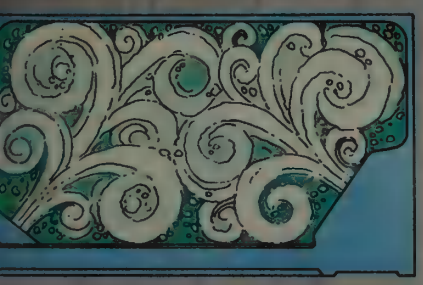

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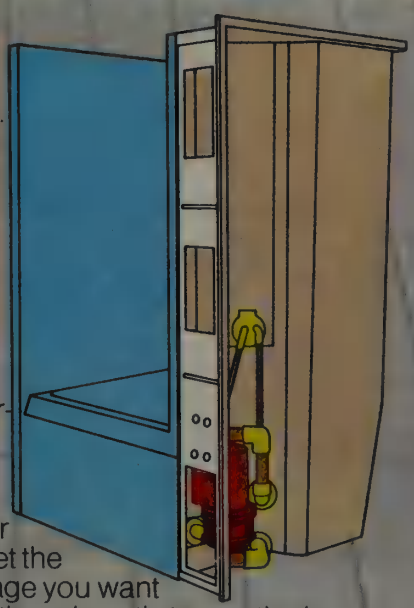

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JERRY FREDRIC

Bottle and crock *fit snugly inside. Door hides all but the spout*

All you see is the spout

The big, gurgling bottles of drinking water kept in many homes are often in plain sight and clumsily in the way. Bob and Lynn Bassler of Northridge, California, decided to hide theirs in a slim cabinet.

The earthenware crock is a part of most dispensing systems; the Basslers simply removed it from the metal stand. They store an extra bottle behind the door below. A cutout in the upper cabinet door accommodates the spout. □

o more testing.

No more ruined fabrics.

No wondering if it's still plugged in.

Hamilton Beach proudly introduces the

SMART IRON

The moment you plug it in, you know it's different! A *Power Light* tells you so. Because it tells you it's ready to go. Set it for the fabric you're ironing, and a *Ready Light* tells you when the sole plate temperature is ready to go. You iron when you see the light—and you can't make a mistake—even when you are ironing different fabrics. Just change the setting—hotter or cooler—and when the *Ready Light* comes back on, you will know the iron is at the perfect temperature. That's why we call it the "Smart Iron."

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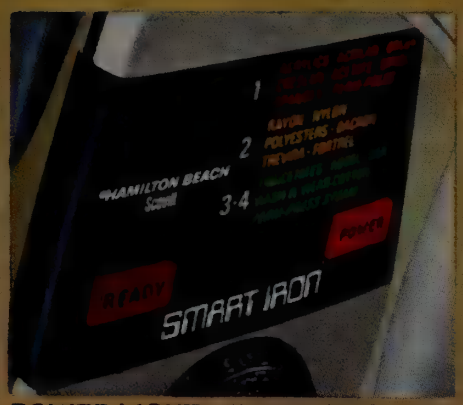
- **Full-size sole plate** that lets you finish your ironing fast.



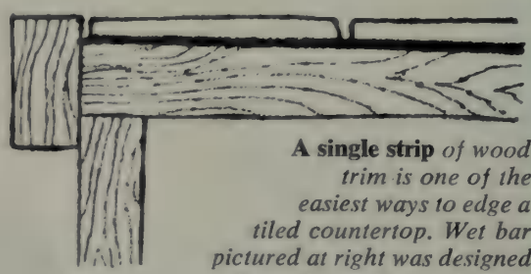
POWER LIGHT tells you the Smart Iron is plugged in. Reminds you to unplug, too!

READY LIGHT tells you the sole plate temperature is correct for the selected fabric!

HAMILTON BEACH Scovill

EDWARD B. BIGELOW

New book *is designed to inspire you with 66 color examples, then give you complete instructions on layout, cutting, adhering, grouting, and maintenance*



A single strip *of wood trim is one of the easiest ways to edge a tiled countertop. Wet bar pictured at right was designed by architect Bernard Judge of Los Angeles*

NEW BOOK ON TILE: Beginner's project . . . a tile counter

Beautiful brown tiles trimmed with oak give the countertop shown above a rich and solid look. This is one of several examples of tiled counters in a new *Sunset* book, *Remodeling with Tile* (Lane Publishing Co., Menlo Park, Calif. 94025, 1978; $2.95).

If you're a beginner at laying tile, the book suggests you first try your hand at a countertop—an easy project "for the home owner who wants a weekend job with maximum impact."

In the section on how to do countertops, four basic edge trimming methods are illustrated in detail. A wooden edge (pictured above in color) is one of the easiest methods of trimming the edges of a counter.

To install this type of trim, start with a rigid backing (¾-inch plywood is a good base). Since adhesives and grout can stain, prefinish the wood trim with urethane or some other water-protective coating before attaching it.

When using a thin mastic or epoxy adhesive, lay a few tiles along the counter lip to determine the height of the wood trim. If you use a mortar base, adjust the trim to allow for the thickness of both the tile and the mortar base. Use epoxy or resorcinol adhesive and screws or countersunk finishing nails to hold the trim firmly to the backing. Any movement between the backing and the trim will result in cracks in the grout where it meets the trim.

Working from the front to the back, start laying tiles in the middle of the counter in a line perpendicular to th wood trim. Cut the back pieces if neces sary. After the adhesive has dried fo 24 hours, apply grout.

Remodeling with Tile is a comprehen sive two-part book. In the first half, 6 color photographs show a wide array o tile uses. This section covers a grea variety of situations and styles fron Mexican-tile counters to supergraphi bathtubs, from patios to kitchens, fron floors to ceilings. Ceramic and resilien tiles and wood parquet are all explore here and in the how-to section tha follows.

The second half of the book gives you all the information you'll need to ge your hands into the grout and start lay ing the tile.

The ColorTrak System. Could it be the best 19" or 25" (DIAGONAL) color picture you can buy?

RCA's exclusive ColorTrak System is a major achievement in color picture performance. Because ColorTrak is a truly remarkable system that actually grabs the color signal, aligns it, defines it, sharpens it, tones it and locks the color on track.

Getting the color right is what the ColorTrak System is all about.

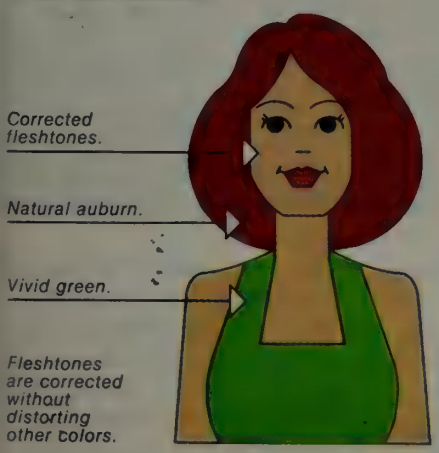
Here's how it works.

Automatic Color Control works to keep colors consistent.

Color variations can occur when the program changes, when a commercial comes on, and when you switch channels. ColorTrak's Automatic Color Control constantly monitors the color and actually adjusts it for you when changes occur.

A Tinted-Phosphor Picture Tube reduces reflections.

Room light that reflects from the screen can make color appear to "wash out." Many sets have a black matrix to absorb some of that light. But ColorTrak enhances its black matrix with specially tinted phosphors that absorb even more room light. So colors appear naturally vivid and lifelike.



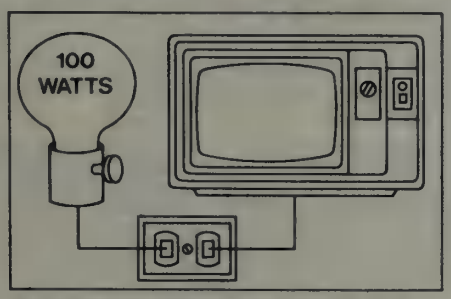
A Dynamic Fleshtone Correction System.

One of the hardest tasks for a color television is correcting varying fleshtones without distorting other colors. ColorTrak's Dynamic Fleshtone Correction brings fleshtones into the natural range, yet minimizes the effect on other colors.

The Cosmos, 19" diagonal, Model FB497W. Simulated walnut wood-grain cabinet outlined in smart bronze and brushed nickel-color trim.

The XtendedLife Chassis designed to be RCA's most reliable ever.

ColorTrak runs cooler and uses less energy with the XtendedLife Chassis. It generates less heat and subjects parts to less electrical stress than the chassis it replaces. The XtendedLife Chassis is designed to last longer and require less service than any previous RCA chassis.



The XtendedLife Chassis uses about as much energy, on average, as a 100 watt bulb.

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To assure RCA excellence, we test ColorTrak throughout production. Circuits are tested by our new computer system which rejects parts that don't meet our high standards. And RCA technicians perform hundreds of tests on materials, parts and subsystems, making ColorTrak the most thoroughly tested set in RCA history.

ColorTrak could well be the finest color receiver you can buy. We invite you to see the ColorTrak picture. And judge for yourself.

RCA ColorTrak

RCA is making television better and better.

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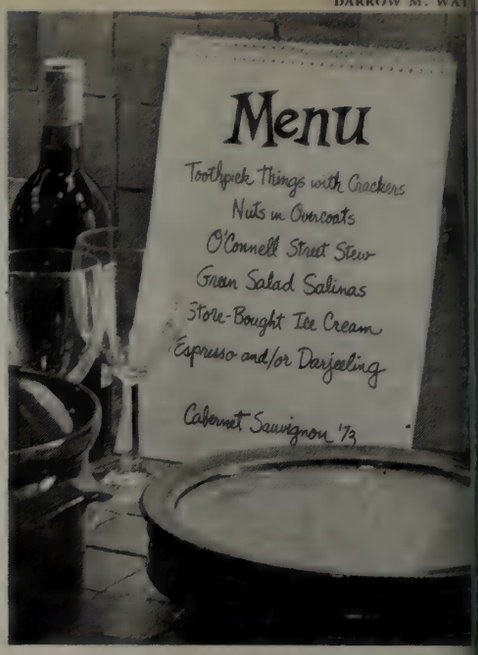
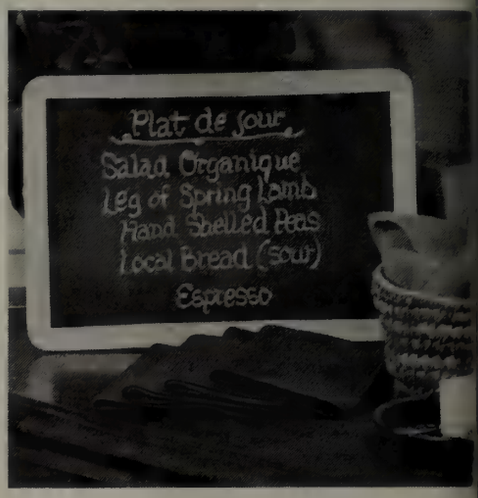
DARROW M. WAT



Standing on the sideboard *where buffet is served, menu on drawing pad or blackboard announces each course*



Why not put your menu on the table?

An informal menu where all the guest can see it may add just the right touch t a dinner party.

If you are serving a buffet, a menu lik one of those shown can tell your guest what to expect farther down the line. I you are doing a special dinner from another country, spelling out the name of the foreign dishes can make the mea even more memorable.

The menu in the top photograph is writ ten with a nylon-tip pen on one sheet o a 9 by 12-inch spiral drawing pad from an art supply store ($2.50). Most draw ing pads have a cardboard back and heavy paper cover. To make it stand i an upright position, stiffen the cover b gluing on a piece of cardboard. Th blackboard (about $2) measures 9 by 1 inches.

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PETER O. WHITELE

Doors open *to reveal dishwasher under extra-wide countertop in kitchen of the Robert Piziallis of Stanford, California*

Less obtrusive dishwashers

Some people do not want their dishwashers to stare blankly at them from beneath kitchen counters. Here are three examples of discreetly disguised dishwashers. Two blend with adjacent cabinetry, while the third just hides the buttons and dials. □

DON NORMARK

Fir 1 by 6 *masks hardware but allows access to controls. Designed by Steve Titus, Santa Cruz, California*

Same oak boards *that cover cabinets were cut and milled to fit over dishwasher door. Designed by Mark Mills, Carmel, California*

Get up to your neck in hot water. And love it.

Revel in this spacious new concept in bathing comfort. The American-Standard Wrap-around fiberglass bathtub is deeper by a foot than most bathtubs. So you can submerge deeper and enjoy a totally new experience in bathing pleasure. Its semicircular low seat gives you shoulder-level immersion. Tension-easing warm water surrounds your body.

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A foot deeper for deeper relaxation.

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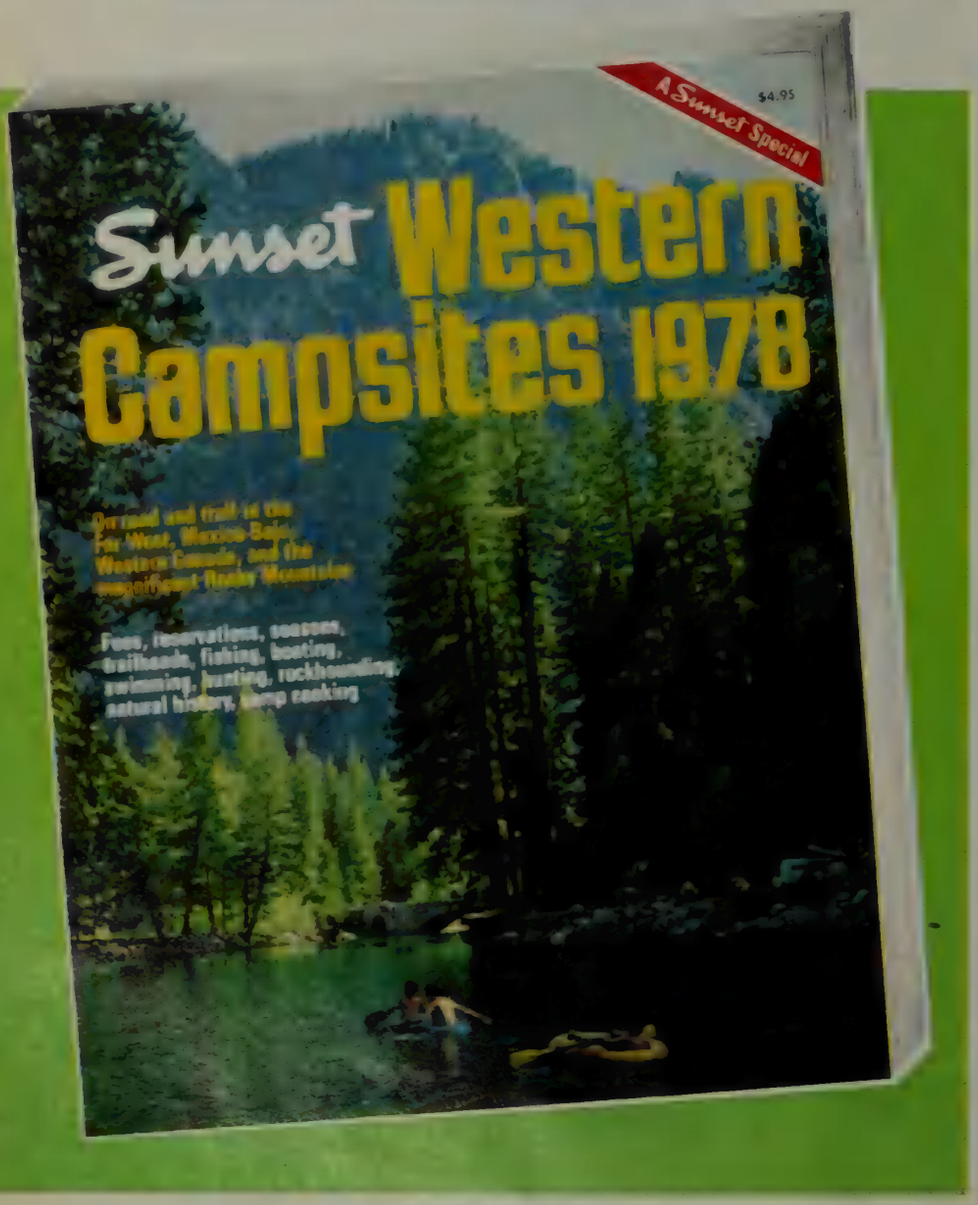

Helps you find the right spot

Finding the right spot means everything when you head outdoors. It can assure you a great experience instead of disappointment. *Sunset's 1978 Western Campsite Directory,* completely revised and updated, helps you plan the best possible trip. It pinpoints 9,000 campgrounds and RV parks on locator maps, tells all about facilities, fees, attractions, and surrounding country; gives phone numbers and mailing addresses where reservations may be made; and provides ideas and directions for dozens of great discovery trips you can take as you travel the West. The new edition covers campgrounds from the Rockies to the Pacific, from Alaska to Mexico, in over 400 pages. It's the most popular, most useful guide you can own!

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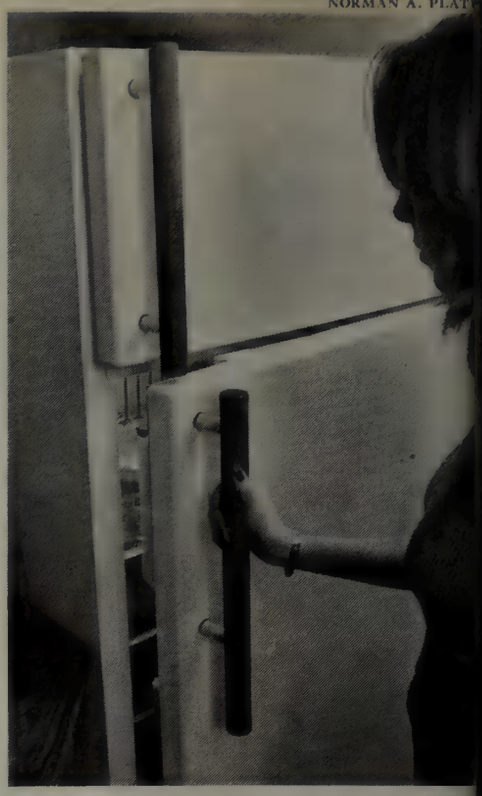


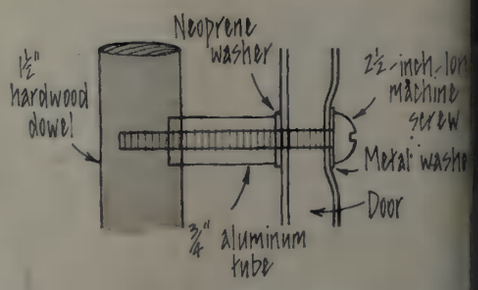
Hardwood dowels *replace metal handles, give a new look to refrigerator*

Special pulls are hardwood dowels

One way to add a custom touch to re frigerator, oven, and dishwasher is t dress them up with special pulls—cho sen to match the cabinet pulls in th room or to be distinctively different.

Here, 1½-inch hardwood dowels wer used. To make similar pulls, cut dowel to length, sand ends, and mark spots fo drilling. Cut ¾-inch aluminum tubin into 1¼-inch lengths. Drill ¾-inch diameter holes in dowels deep enoug to seat the tubing; in the center of eac hole drill a pilot hole to receive the an choring screw (this home owner reuse the original machine screws; wood screws would be an alternate choice).

Remove back of appliance door if neces sary; assemble washers, tubing, an dowel, and screw in place.



Neoprene washer *gives waterproof seal on kitchen side. In this installation, ⅛-inch pilot holes were drilled to accept No. 10 machine screws*

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The roof on this house is made of a new kind of non-wood shingle. The edges are thick and irregular, so they cast deep random shadows. The color is soft and muted, so it blends in naturally with the architecture and the surroundings.

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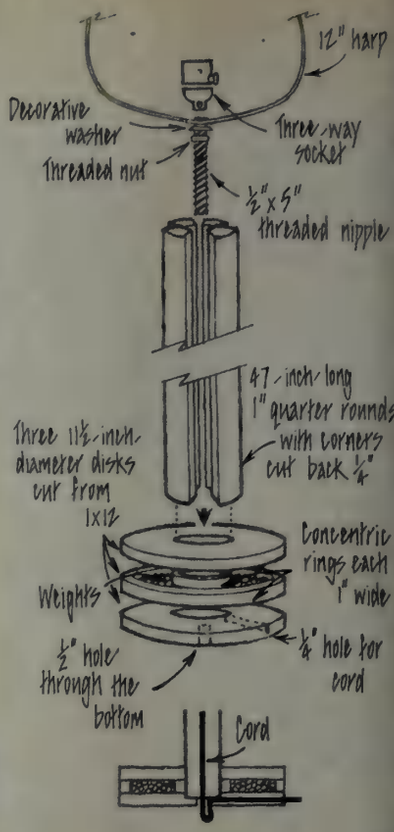

Where's *the lamp cord? It runs up through a post made of quarter rounds. Threaded nipple knocked gently into post supports hardware and shade. At right, glued quarter-rounds are "clamped" with tape until dry*

No lamp cord in sight. The post is quarter-rounds

Four pieces of quarter-round trim form the round post of this sturdy floor lamp. The base is a ring of weights sandwiched between wood disks.

To make a similar lamp, you'll need 16 feet of 1-inch quarter-round, 3 feet of 1 by 12-inch clear pine, the lamp hardware shown in the sketch, and a couple of handfuls of weights (BBs, fishing weights, or lead shot).

The base begins as three 11½-inch disks cut from the pine 1 by 12. With a circle cutter, cut a 2-inch hole through the center of two of them and halfway through the third (or bottom) disk; then chisel out the hole to the depth of this cut. For the lamp cord, also drill a ¼-inch-diameter hole in from the side of the bottom disk and a ½-inch hole through the bottom center (see sketch).

Cut the center disk into two concentric rings—an inner and an outer one, each 1 inch wide—to provide space for the weights that stabilize the lamp. Glue these rings to the bottom disk, the inner one flush with the 2-inch hole and the other one flush with the outer edge. Add weights, then glue on the top disk. When the glue is dry, secure assembly from the bottom with 2½-inch countersunk woodscrews and sand all edges smooth.

The "solid" post is four 47-inch-long pieces of 1-inch pine quarter-round trim. On a table saw, set the blade at 45° and rip ¼ inch off the corner of each piece to create the space for the cord. (Or plane it off.) Glue the four pieces together with white glue and wrap with masking tape while the glue dries.

To complete the lamp, sand the post smooth and insert it and some glue into the base; secure it and bring it to true vertical with woodscrews from below. Next thread cord into the ¼-inch horizontal hole and out the ½-inch bottom hole; then double it back up the post.

Push the threaded nipple and socket into the post top, wire cord to socket, attach plug, and finish the lamp. We used three coats of Danish oil sealer. □

ROBERT JOFFREY
Choreographer, Oenophile

"Life should be good.

"To this end, I realize what pleasures I can.

"A rewarding performance, even a beautifully executed passage, is cause for personal celebration.

"So is a perfect wine. Some of my personal favorites?

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"Some of my best wines are Italian."

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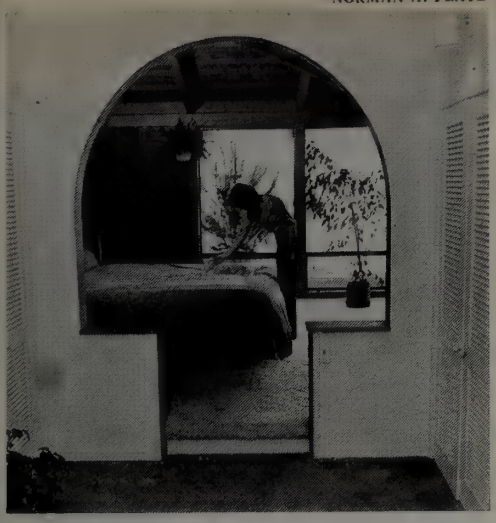
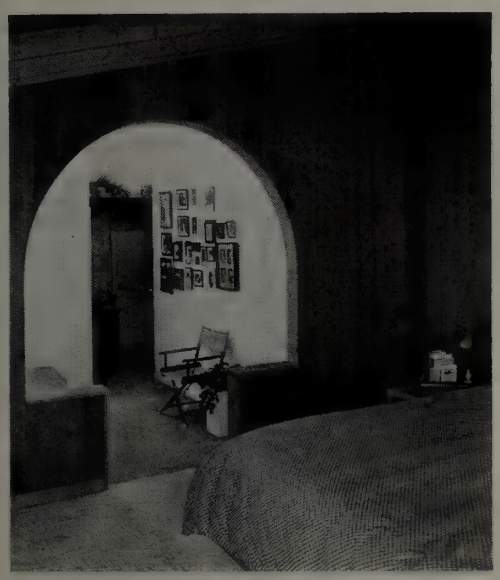


Dramatic arch *frames your view from dressing room into sleeping area*



Redwood walls *give bare-bones bedroom a snug feeling*

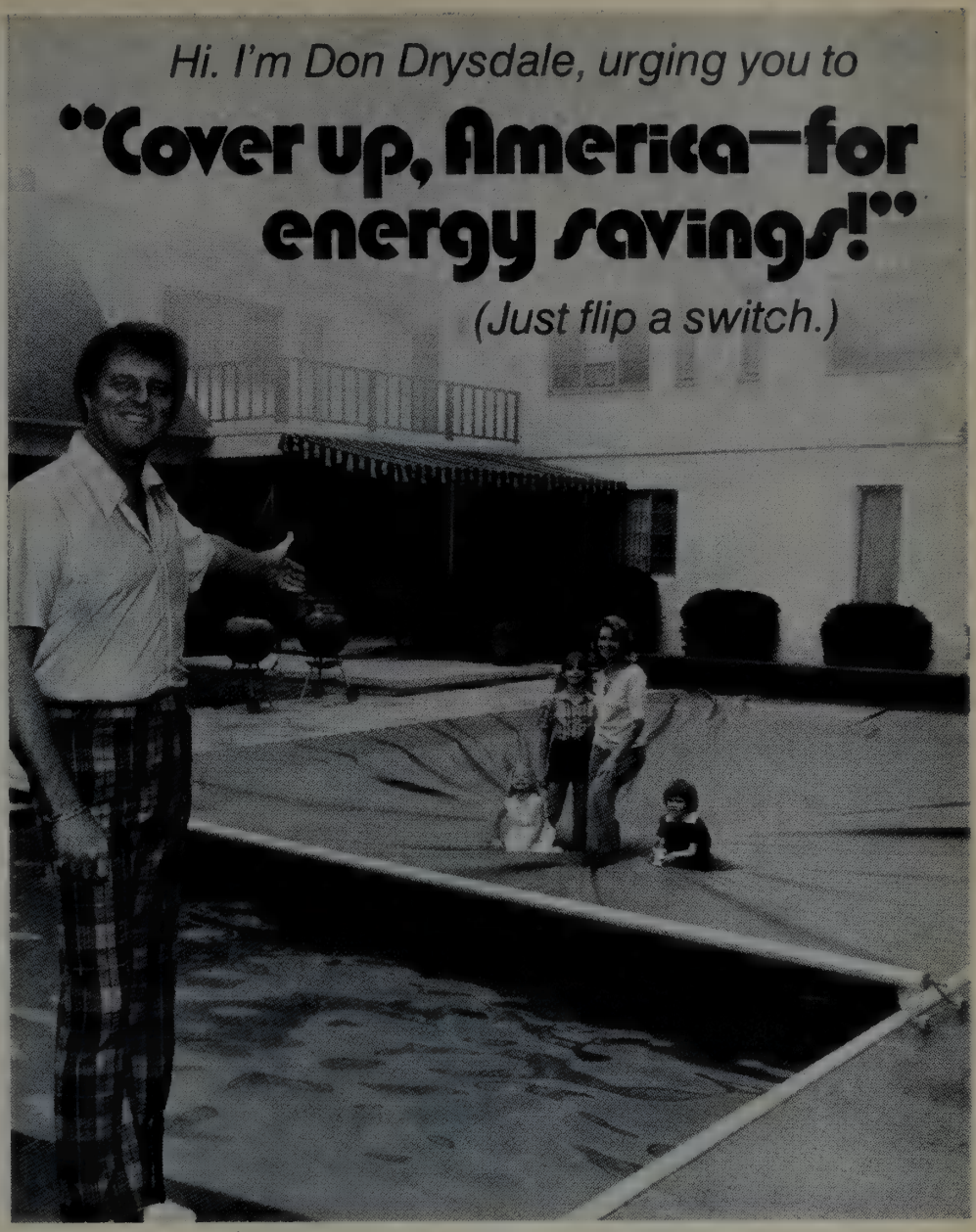
Keyhole divides bed-dressing areas

Shaped like a keyhole—but without the door—this wall adds a touch of the unusual to a two-part master bedroom. It divides the newly built suite into a brightly lit dressing room/bath and a tranquil step-up sleeping area with virtually nothing in it but the bed.

Framed with 2 by 4's and plywood, the wall is covered with tongue-and-groove redwood on the bedroom side, gypsum board on the dressing room side. The arch is contoured with ½ by 6-inch benderboard sanded smooth.

Other walls and the ceiling in the sleeping area are also covered with redwood—a contrast with the clean functional look of the white dressing room.

Owners are David and Anne Perce of Orinda, California. Architect: Steve Gilmore of Chico. □



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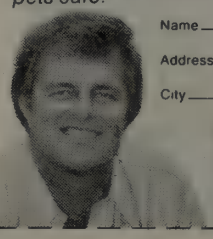

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AUTOMATIC SOLAR COVERS

The Changing Western Home®

Space-saving idea: hearth in a drawer

To fit a fireplace into a very compact and multilevel cabin (see pages 120 and 121), architect Steve Titus of Santa Cruz, California had to position a freestanding unit on a raised platform in the middle of the house. But building codes required him to include a noncombustible hearth extending at least 20 inches in front of the fireplace.

This left him with four choices: push the fireplace back into the entry (no room), build a space-eating ledge hearth (too bulky), put a hearth down on the lower level (not very safe), or add the pull-out hearth shown at left. Neat and unobtrusive, this noncombustible tiled tray is simply rolled out on metal glides when a fire is burning.

Corner unit with many surprises

The wood-paneled storage column pictured below performs a half-dozen functions. Starting on the top, it's a display ledge for plants. The top front section is a bookshelf and display niche. In the center section is a front panel, mounted on spring-tension sash window tracks, that can be lowered to reveal a pivoting television set on a pull-out platform.

Below, that, a door covered with a glued-on collage of log ends hides a large bin of real firewood, kindling, and paper. At the base is a register grille for an added-later heating system.

What's more the column is set 4 inches away from side and back walls, hiding two sets of draperies that seem to appear from nowhere when triggered by an electric switch across the room.

Owner-architect: Ken Himes of Corona del Mar, California.

NORMAN A. PLATE

A coal comeback?

One way to stretch your dwindling woodpile until next heating season is to use coal in your fireplace. Coal is an efficient fuel that lights easily and burns at a relatively high temperature. And when coal and wood are used together, they produce a fire that rarely dies out prematurely.

If you want to try coal in your fireplace, you can buy it from feed and fuel companies in 100-pound sacks ($7 to $9); look in the yellow pages under Coal and Coke Dealers. In the Western states, ask for "washed" bituminous Western coal with a low sulfur content.

To make it easier for northern Californians, the Lazzari Fuel Company of San Francisco has recently started packaging coal in 25-pound carry-home boxes (above) that sell for about $3 at hardware stores and supermarkets.

Remember that coal's intense heat might damage a fireplace unless it's burned elevated on a grate.

DON NORMARK

Easy-swinging strong steel gate

How do you build a country road gate that is good looking, can be operated with one hand, and is extremely durable? Phoenix architect Edward B. Sawyer, Jr., solved this problem for Fred and Donna Corbus by using square steel tubing welded into a narrow rectangular truss, a single concrete-based pivot, and a bank of steel bars (see photograph above) that acts as a counter balance.

Although the 15-foot-wide gate weighs close to 100 pounds, the 10 counterpoised bars make the gate much lighter. The bars and washers are skewered to the gate with a pair of threaded rods, and are held tight with nuts.

Shower doors for a display case

hen architect William Ridenour of Belle-e, Washington, designed Jack and Leora awson's house on Lake Sammamish, he cluded a large built-in display case for eir collection of glassware, porcelain, and ystal. To keep their treasures almost dust-e, the case was faced with six standard 2 5-foot frameless tempered-glass shower ors (about $40 each).

Floor finishes: two basic ways to go

A few decades ago, if wood floors needed to be finished or refinished, your choice was simple: varnish, shellac, or some type of oil. Although there's a long list of products to choose from today, there are still two basic types of finishes: those that coat the wood's surface and those that penetrate into the wood.

Surface coatings. These are transparent or tinted products you apply like paint. They include varnish, shellac, lacquer-based "fast-dries," phenolic resins, the urea-formaldehyde-based Swedish finishes, and polyurethanes.

These coatings generally dry quite hard—to a high-gloss, satin, or matte finish—so they resist abrasion. A few require no waxing.

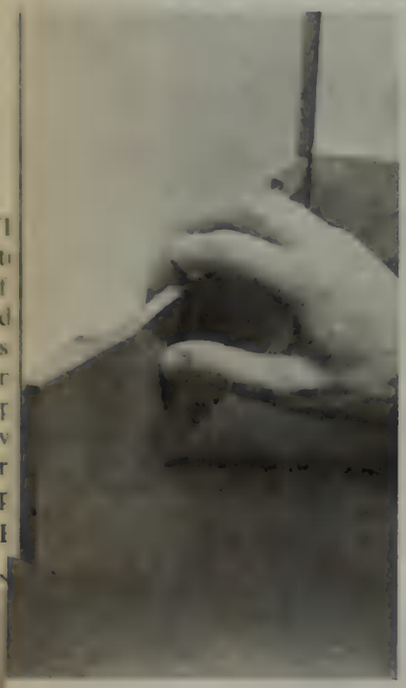
Applied correctly, surface coatings can help seal out moisture—they're not impervious to water, but are probably the best choice in bathrooms and kitchens. To repair scratches or damaged areas, sand, then "feather-in" several coats of finish with a brush.

Penetrating finishes. These include synthetic resins suspended in solvents and drying agents; oils such as linseed, tung, and paraffin; and waxes. They can be clear or pigmented.

You usually apply one or several coats with a brush or rag, then let them soak in before you wipe off the excess. Finish by waxing and buffing.

Besides ease of application, the advantage of these finishes is that they penetrate three or four cell layers into the wood. Some contain ingredients that actually harden the wood. Scratches and damaged areas can be touched up by wiping on more of the finish.

Ribbons *of maple soften the look of these white plastic laminated cabinets. For the drawers, a finger recess is routed under the screwed-on "handles." For the cupboards, the recess is located on top (see below). Owner-designer: Don Vandervort, San Francisco*



NORMAN A. PLATE

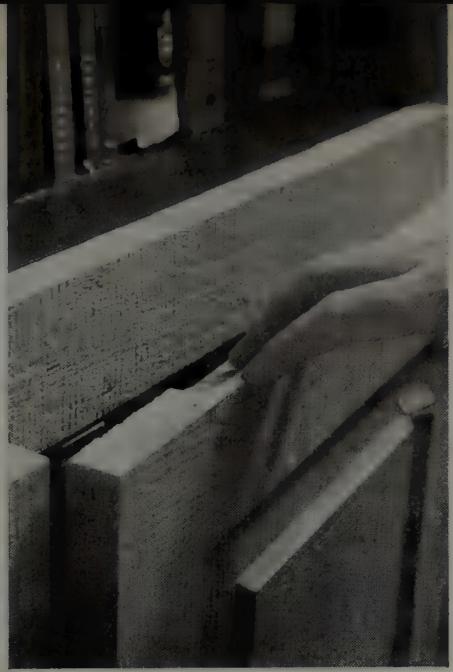
KITCHEN PULLS

Here are other ways to open drawers, cupboards, pull trays. None uses hardware

Good looks may be one reason, simple economics might be another. Whatever the motivation, kitchen designers are constructing attractive alternatives to standard hardware for cabinets and drawers.

As the seven examples pictured here demonstrate, the absence of conventional knobs and pulls can create a sleek, modern look or a rustic, more casual feeling.

These nonhardware alternatives seem to fall into two categories: Either a piece of wood trim forms a handle, protects the cabinet face, and adds a visual accent; or a portion of the cupboard or drawer is simply drilled or cut away to make a finger-hold or hand-hold. This second solution is usually the easiest and



wo grooves. *Cupboards in Allen and Marlyn Doan's Seattle kitchen, left, ave notched bottoms to make room for fingers to grip doors. Above, routed nger slots appear on top of surface-mounted cupboards. They're used roughout architect Logan Van Sittert's house in Phoenix*

Hardwood caps *have ½ by ¾-inch notch along one edge so they fit over and conceal the edge of plywood drawers. Pulls directly under counter are 3½ inches wide; lower pulls are 2 inches wide. All have finger grooves on underside. Owners-designers: Dale and Audrey Hartley, Los Angeles*

RROW M. WATT

inger holes *were drilled with 1½-inch bit, en rounded with a beading bit a router. Owner-architect: David 'right, Sea Ranch, California*

DON NORMARK

Simple scoops *eliminate the need for pulls. Owners: Dr. and Mrs. Thomas Rekdal; architect: Weldon Jean Skirvin, Seattle*

ast expensive way to go, but it doesn't ovide protection from the merciless— nd potentially damaging—yanks and gs that many storage compartments ceive daily.

nly simple tools, like saws, drills, and outers, are needed to duplicate any of ese pulls or nonpulls. The trickiest job putting a linear groove in the round owels shown at right: It's done by temorarily nailing a piece of square stock nto the dowel to keep it from rolling hile it's passed through a dado head on power saw, or while a router is passed ong the length of the dowel.

ll of these examples pass the most imortant test—they work. □

Full-width *handles are closet rod dowels attached to trays inside kitchen cabinet. Owners: Allen and Marlyn Doan. Architects: Van Horne and Van Horne, Seattle*

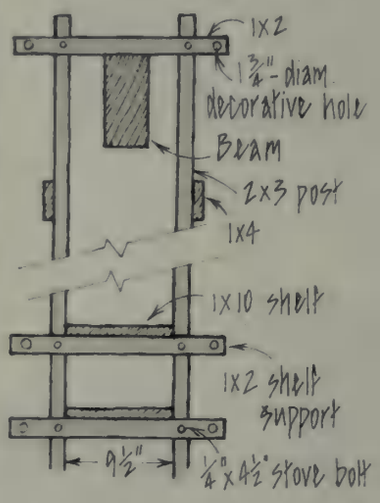
Tall bookshelf divides the room

DON NORMARK

Large beam *braces finely detailed shelving that seems to be suspended in the middle of the room. Drawing shows side-view construction*

A hanging bookshelf? Not quite—but a large overhead beam helps steady this combination bookshelf - room divider designed by architect Michael Shelor of Phoenix.

The wood is pine, stained dark to match the rafters. Four 2-by-3 posts provide the framework, and each 1-by-10 she supported by four 1 by 2's bolte either side of each pair of end p (Be sure of the exact depth of your s lumber before drilling and bolting framework.) Two more pairs of 1 by are bolted to the tops of the posts rest on the ceiling beam to provide essary stability.



Across the front and back of the u pairs of 1 by 4's bolted to the posts crosswise bracing and keep the p spaced evenly. A ribbing of vertical 1 2's nailed to the rear of the assem prevents books from falling through heightens the room-dividing effect.

The usable width of each shelf is ab 3 feet; if you want more space, be s your shelf lumber is sturdy enough avoid sagging.

Shelves, shelf supports, and crossw braces extend beyond the posts to av a boxy look; decorative holes are dril into the ends of the supports. The d orative bottom shelf, sitting atop crosswise braces, is made from 1 by set on edge.

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Sunset's Kitchen Cabinet®

Her Italian heritage prompted a Southern California reader to create our first recipe. To prepare it, she cloaks boned chicken breasts in herbs, Parmesan cheese, and crumbs, then sautés them briefly and tops them with mozzarella slices. You might serve this Italian-style chicken e with our spinach casserole at a pany dinner.

More casual meal choices this m include ginger-seasoned meat a portable vegetable salad, and o faced crab sandwiches. For des

Pound chicken breasts between sheets of waxed paper to make thin scallops

Italian-style Chicken Scallops

It takes only a few minutes to cook this attractive entrée.

- 3 whole chicken breasts, split, skinned, and boned
- 1 egg
- 3 tablespoons milk
- ¼ cup chopped onion
- 2 cloves garlic, minced or pressed
- ½ cup each cornflake crumbs, flour, and grated Parmesan cheese
- 1 teaspoon Italian herb seasoning
- ¼ teaspoon *each* pepper and ground coriander
- 3 tablespoons *each* butter or margarine and salad oil
- 6 slices (6 oz.) mozzarella cheese

Pound breast pieces between 2 sheets of waxed paper to ⅜-inch thickness. Whirl the egg, milk, onion, and g in a blender until smooth; place dish for dipping. In another dish, cornflake crumbs, flour, Parm cheese, herb seasoning, pepper, coriander. Dip chicken in egg m ture, then in crumbs to coat.

In a frying pan over medium-h heat, sauté half the chicken piece a time in the butter and oil for minutes on each side; place on a b ing sheet. Top each piece with a s of mozzarella. Set 6 inches fron preheated broiler unit and broil u cheese melts, 2 to 3 minutes. Serv to 6.—*V. J., Sylmar, Calif.*

Drained spinach blends with mushrooms and artichokes in a custardy side dish

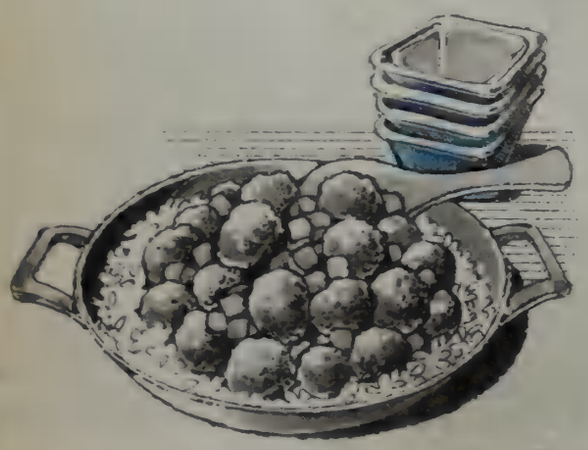
Creamy Spinach-Artichoke Casserole

You can assemble this casserole ahead and bake it when guests arrive.

- 1 jar (6½ oz.) marinated artichoke hearts
- ¼ pound mushrooms, thinly sliced
- 1 clove garlic, minced or pressed
- 1 small onion, chopped
- 2 packages frozen chopped spinach (defrosted and well drained)
- 1 can (10½ oz.) condensed cream of mushroom soup
- ½ cup sour cream
- 2 eggs, beaten
- ¼ teaspoon *each* oregano leaves, ground nutmeg, and white pepper
- ½ teaspoon lemon juice
- 1 cup crushed, seasoned croutons

Drain artichoke hearts, reserving marinade; set artichokes aside. Place marinade in a frying pan and add mushrooms, garlic, and onion; co stirring, until onion is limp. Stir in spinach, soup, sour cream, eggs, or ano, nutmeg, pepper, and lemon ju until well blended.

Spoon half the spinach mixture int greased 1½-quart shallow casser Arrange artichokes on top and spo over remaining spinach mixt (cover and chill if made ahead). T with croutons and bake in a 32 oven for 35 to 40 minutes (50 chilled) or until custard is set. I stand 5 minutes before servi Serves 6 to 8.—*J. B., Samuels, Idah*



Serve Oriental-seasoned meatballs in a chunky carrot-laced sauce over rice

Saucy Oriental Cabbage Balls

Shredded cabbage adds moist texture but few calories to these meatballs.

- 1½ pound lean ground beef
- 2 cups finely shredded cabbage
- 1 egg, beaten
- 1 clove garlic, minced or pressed
- ⅓ cup *each* minced green onion, milk, and fine dry bread crumbs
- [illegible] tablespoons soy sauce
- 1 cup diced carrots
- 1½ teaspoons grated fresh ginger or ¼ teaspoon ground ginger
- [illegible] tablespoons dry sherry (optional)
- 2 cups regular-strength beef broth
- 1 teaspoon sugar
- 2½ tablespoons cornstarch dissolved in 2½ tablespoons water

Mix the ground beef, cabbage, egg, garlic, onion, milk, bread crumbs, and 1 tablespoon of the soy sauce; sha into 1½-inch balls. Place balls on rimmed baking sheet and bake in 450° oven for 15 minutes.

Pour 2 tablespoons of the meatb drippings (discard the rest) into a quart pan. Add the carrots and coo stirring, over medium heat until so Add remaining 1 tablespoon s sauce, the ginger, sherry (if used broth, sugar, and cornstarch mixtur bring to boiling. Add the meatba and cook, stirring, until meatballs a hot throughout. Serve over rice if d sired. Makes 4 to 6 servings.—*K. L Spokane.*

e's a spongy chiffon cake to go the season's first sweet-ripe wberries.

share your favorite recipes, write *Sunset Magazine*, Menlo Park, f. 94025. We pay $25 for each pe published.

April surprises: Oriental meatballs, Swiss crabwiches, chicken "scallops"

ant Vegetable Salad

dily available frozen vegetables he basis of this portable salad.

- 1 package (10 oz.) frozen Brussels sprouts (defrosted)
- 1 package (10 oz. frozen cauliflower clusters (defrosted)
- ½ cup *each* chopped green pepper and sliced green onions
- ⅓ cup white wine vinegar
- 3 tablespoons olive oil or salad oil
- ½ teaspoon *each* salt, dry mustard, and sugar
- ¼ teaspoon *each* paprika and crushed tarragon leaves
- ⅛ teaspoon pepper
- 1 small can (14½ oz.) sliced baby tomatoes, well drained

the Brussels sprouts in half thwise; also cut any large cauliflowerets in half lengthwise. Place the vegetables in a steamer basket; set basket in a kettle over 1 inch of boiling water. Cover and steam-cook 2 to 3 minutes or until vegetables are tender-crisp; place in a bowl with the green pepper and onions.

Blend the vinegar, oil, salt, mustard, sugar, paprika, tarragon, and pepper; pour over hot vegetables, stirring gently to coat. Cover and chill at least 4 hours or overnight.

Before serving, add tomatoes to salad and toss gently. Pack into a plastic container to transport. Makes 4 to 6 servings.—*I. R., Sacramento.*

Pack this colorful vegetable salad into a plastic jar and tote it to a picnic

ss Crabwiches

ss cheese, bacon, and almonds gle in this crab sandwich.

- ¼ cup slivered almonds
- ¼ cup *each* sour cream and mayonnaise
- 1 teaspoon *each* dry mustard and lemon juice
- ¼ teaspoon garlic powder
- ⅛ teaspoon *each* pepper and ground nutmeg
- 4 ounces sliced bacon, crisply fried
- 12 ounces fresh or frozen (defrosted and drained) crabmeat
- ½ cup sliced green onions
- 2 cups (8 oz.) shredded Swiss cheese
- 4 or 5 Kaiser or French bread rolls, split, buttered, and toasted

st the almonds on a rimmed bak- sheet in a 350° oven for 8 minutes or until golden brown; cool.

In a medium-sized bowl, stir together the sour cream, mayonnaise, mustard, lemon juice, garlic powder, pepper, and nutmeg until well blended. Crumble the bacon and mix with the almonds, crab, onions, cheese, and mayonnaise mixture. Then spoon about ⅓ cup of the mixture on each roll half.

To cook open-faced, place on a rimmed baking sheet set 6 inches from a preheated broiler unit. Broil until golden brown, about 5 minutes. Serve hot. Makes 8 sandwiches.—*M. M., San Bernardino, Calif.*

Saucy crabwiches are broiled briefly to serve hot at lunch or light suppers

ange Chiffon Cake with Strawberry Sauce

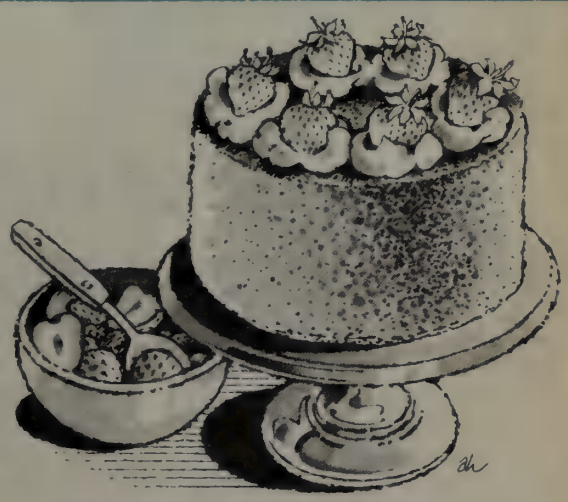
sure to bake this cake in a non- ed tube pan.

- 2¼ cups cake flour, unsifted
- 1½ cups sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- ½ cup salad oil
- 6 egg yolks
- ¾ cup orange juice
- 2 tablespoons grated orange peel
- 1 cup (about 8) egg whites
- ½ teaspoon cream of tartar
- Strawberry sauce (recipe below)

nd the flour, 1 cup of the sugar, baking powder, and salt. Make a ll in the center and add oil, egg lks, juice, and peel; mix well.

a large bowl, combine egg whites and cream of tartar; beat until soft peaks form. Continue beating, slowly adding remaining ½ cup sugar until stiff peaks form. Gently fold batter into whites and pour into an ungreased 10-inch tube pan. Bake in a 325° oven for 70 minutes or until top is browned. Invert cake onto a funnel to cool. Serve with strawberry sauce. —*I. H., Saratoga, Calif.*

Strawberry sauce. In a pan, mix ½ cup sugar, 1½ tablespoons cornstarch, 1 cup orange juice, and ¼ cup orange liqueur (or more juice). Bring to a boil and stir 1 minute. Mix in 6 cups sliced strawberries; cool.



Spoon an orange-flavored fresh berry sauce over the light orange chiffon cake

Daniel concentrates *on shaping the dough into a circle of uniform thickness, then drizzles melted butter over raisins and nut topping*

Myra lifts up *dough rope to reroll before twisting it into a pretzel*

It's Hamilton's turn *to use the microwave. In 3 minutes, his nut-topped snack bread will be baked and ready to enjoy*

Young bakers make a dozen chewy snack breads in minutes in the microwave

RROW M. WATT

With a proud smile, *Myra shows off a rack full of warm microwave treats: circles, pinwheels, pretzels, each with a different topping*

Cooking can be fun *when it produces treats to really sink your teeth into*

just 3 minutes the chewy snack eads shown here emerge from the icrowave oven, ready for these eager ›ung bakers to enjoy. Creating their vn hot snacks this way is a cooking lventure youngsters can safely handle om start to finish. Or you can make e dough ahead and have it ready for em to shape—it's a very simple yeast ›ugh, but it does need time to rise.

ne same breads can also be baked con-ntionally, but it takes longer and hot iking sheets must be handled with ution.

ur recipe makes 12 snacks. Offer sweet id savory toppings; then let each aker's fancy dictate the final treat.

Chewy Snack Bread

1 package active dry yeast
1½ cups warm water (about 110°)
4 cups whole wheat flour
1½ teaspoons salt
Salad oil
Toppings (suggestions follow)

In a 2-cup measure, sprinkle yeast over warm water and let stand 5 minutes. Measure 3½ cups of the flour into a large bowl; stir in the salt. Pour yeast mixture into flour and mix with a rubber spatula until well combined. Sprinkle remaining flour on a board, turn out dough, and knead for 3 to 5 minutes to form a soft dough.

Place dough in a lightly greased bowl and turn over to grease top. Cover and let rise in a warm place for 2 hours or until doubled in size. Punch dough down. (If desired, cover and chill overnight, then bring to room temperature before proceeding.)

Lightly knead dough on an unfloured board; divide into 12 equal parts. Form each portion into a ball and place on plastic wrap; lightly cover with more plastic wrap and let rest about 15 minutes. Stretch and press each ball into a 6-inch circle, a 16-inch strip, or a 2-foot rope. Garnish the circles and strips with 1 or more toppings; strips can then be rolled into pinwheels. Shape ropes into pretzels or letters and prepare as directed below.

To cook in the microwave oven, place one shape at a time on a nonmetallic rack in a baking dish. Cook, uncovered, in the microwave oven at half power for 2½ to 4 minutes or until dough springs back when lightly touched and seems dry throughout. If rack collects moisture, wipe dry before next baking.

To bake conventionally, place 2 circles or 4 to 6 pinwheels or pretzels on very well-greased baking sheets. Bake in a 425° oven; allow about 8 minutes for circles, 15 minutes for pinwheels, and 10 minutes for pretzels, or until bread springs back when lightly touched. Bread should not brown.

Remove to wire racks until cool enough to eat. Makes 12 snacks.

Toppings for circles and strips: melted butter or margarine, raisins, chopped nuts, cinnamon-sugar mixture, diced canned California green chiles, or shredded jack, or Cheddar cheese.

Toppings for pretzels or letters: Brush with beaten egg white and sprinkle with coarse salt, or sesame or caraway seed. □

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Special washing for wine glasses?

The question came up at a dinner featuring several wines: "How do you wash wine glasses to make them completely neutral, contributing no smell or taste to the wine poured into them?"

We looked for answers, put them to a test, and can report the results.

One might assume that any standard way of washing glasses for water, milk, fruit juice, or other beverage should be adequate. But is it always? The better-quality wines are apt to pick up flavors and smells from anything they touch. Their own aromas, bouquets, and tastes are usually delicate—not strong enough to mask or overpower others. And the people who especially appreciate these wines are the ones most likely to detect off-tastes or smells contributed by the wine glass rather than the wine.

Wine glass washing poses no problems to most people most of the time. The time to take it more seriously—if ever—is when planning a private wine tasting or a dinner party at which some choice wines will be served.

Expert advice?

Authorities on wine-glass-washing are scarce and they agree very little on the best techniques for avoiding "detergent nose" and "dishwasher taste." Their recommendations are loose and open to individual interpretation. We reduced them to five basic techniques:

Salt solution. Soak glasses in scalding water for 5 minutes. Dip for 1 minute in a solution of 3 tablespoons salt for each quart of hot water. Rinse in scalding water and drain dry. (This method is recommended specifically for champagne glasses, but some recommend it for other wine glasses too.)

Washing soda. Rinse glasses with water. Soak for 1 minute in a solution of 3 tablespoons washing soda (sodium carbonate) per quart of hot water. Rinse with scalding water and drain dry.

Liquid chlorine bleach. Wash glasses in about 7 quarts hot water with a squeeze (½ teaspoon) of liquid detergent added. Rinse in a solution of ½ cup liquid chlorine bleach to 7 quarts water. Rinse in hot water and drain dry.

Detergent in open dispenser. Place glasses in dishwasher. Pour powdered detergent only into the open cavity or cup that dumps its contents as soon as you close the dishwasher door, but none in the dispenser that releases detergent automatically during the wash cycle. Set dishwasher dial for a full cycle. The glasses will get one wash followed by three rinses, instead of the standard sequence of wash-rinse-wash-rinse.

Dishwasher-wash and hand-dry. P wine glasses in dishwasher. Put onl teaspoon powdered detergent into automatic dispenser. Wash in nor manner but remove glasses before dry cycle begins and dry by hand lint-free cotton towels.

We put all five techniques to a sm and-taste test. Each tester was gi three glasses washed by each metho 15 in all—so he could test each met with a white, a rosé, and a red.

Testers found they could detect s differences simply by putting the as close to the inside of the glass as sible. Sometimes the washing met had little or no effect on the smell of glass but a notable effect on the tast the wine, or vice versa.

The test results

Here is how our half-dozen tes ranked the glass-washing meth going from "most acceptable" to "l acceptable": (1) *detergent in open penser*, (2) *liquid chlorine bleach*, *dishwasher-wash and hand-dry*, (4) *solution*, (5) *washing soda*.

The first method was clearly favored the majority. The difference betwee and the second method wasn't great, the third lagged very little behind leaders. However, the remaining drew many comments on "salty," " ter," or "chemical" taste.

We'd be the first to concede that m more testing could be done to dou check and refine these results. In f some strategic changes of quantities times might easily alter some of our results. If you have further comm or results to report, we'd like to h from you. Write to Wine Editor, *Su Magazine*, Menlo Park, Calif. 94025

Additional suggestions

Go easy on face lotions and lipstick fore wine tasting. They can affect y senses of smell and taste more than glass-washing method.

Using a water spot preventer in the di washer generally makes glasses sparkl clean, but when used on champa glasses it seems to keep the champa from bubbling. So if you do use wa spot preventer on champagne glas rinse them again just before using.

To avoid "detergent nose," rem glasses from the dishwasher before dry cycle begins. Then store uprig not upside-down. Or hang them upsi down as some bars do; a rack that do this is an easy workshop project.

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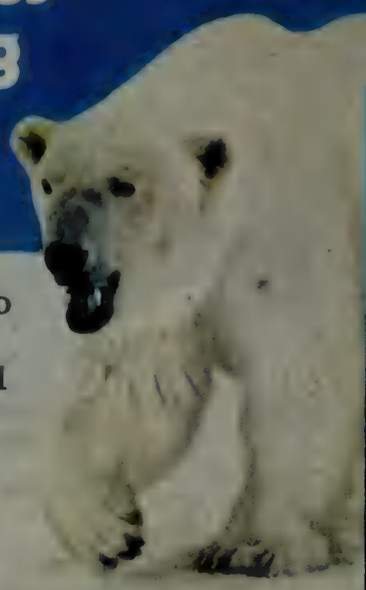

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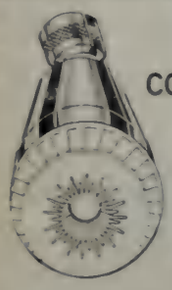

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1. To enter, fill out and mail the entry blank. Enter as often as you wish but mail each entry separately. All entries must be received by May 31, 1978 to be eligible. 2. Prize winners will be determined by a random drawing conducted by an independent judging organization, whose decision is final. All prizes will be awarded. Odds of winning are based on the number of entries received. Sweepstakes not open to employees of Colgate-Palmolive Co. their immediate families and its agencies. Void wherever prohibited by law. Limit one (1) prize per family. No substitution for prizes. All taxes are winners' responsibility. 3. For a list of prize winners, send a self-addressed stamped envelope to: Sweepstakes Winners, North Castle Partners, 20 Bridge Street, Greenwich, CT 06880 after June 23, 1978.

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DON NORMARK

r **warm syrup** *over sopaipillas*
a sticky dessert treat

syrup transforms sopaipillas

Mexico cooks often turn sopaipillas page 114) into sweet desserts with ramelized cinnamon syrup. Here are ways to use this syrup—drizzled warm sopaipillas, as a dipped coat- for the bread, and mixed with sopai- s and apples in a pudding.

amelized Cinnamon Syrup

heavy pan, cook 1 cup sugar over ium-low heat, stirring frequently, until sugar melts and turns golden. in 1 cup water and gently boil, un- ered, stirring occasionally, until dis- ed and reduced to about ¾ cup, 10 5 minutes. Stir in ¾ teaspoon vanilla ½ teaspoon ground cinnamon. e warm to drizzle over warm sopai- s. Makes about ¾ cup.

aipillas in Syrup (*Enmeladas*)

ke the cinnamon syrup (recipe ve). Dip 8 large or 18 small sopai- s, one at a time, in warm syrup to t, drain briefly, and place on a but- d serving platter in a single layer. kes 8 servings.

aipilla Apple Pudding

ke the cinnamon syrup (recipe ve), except increase sugar to 1¼ s and cook until reduced to 1⅓ s, 5 to 10 minutes. Increase cinna- n to ¾ teaspoon. Combine 2½ cups ly sliced peeled apples, ¾ cup rai- , and 6 cups sopaipillas torn into -sized pieces (about 12 large); mix h syrup. Turn into a buttered 7 by inch baking dish and top with ¾ cup pped nuts. Bake, covered, in a 350° n for 10 minutes. Uncover and bake to 15 minutes longer or until lightly wned. Serve warm with vanilla ice am. Serves 8. □

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What you do: *Layer thin potato slices with your choice of regular, herb, curry, or bacon butter (below), then bake. What you get: a crusty potato cake (right) to serve in wedges; it's a seasoned version of what the French call "potatoes Anna"*

DARROW M. WATT

Potatoes, "apples of the earth," as our French friends honor them

The people of France affectionately call the potato the *pomme de terre* or "apple of the earth." And to demonstrate their respect for this vegetable, they cook it with pure, subtle ingredients that won't overpower the potato's natural flavor.

With the help of a French cook, we've selected a few simply flavored but elegant French recipes to present here. In each, we recommend the type of potato to use (thin-skinned round whites, round reds, or long whites; or thick-skinned russets) as described on pages 126-129.

This potato cake has a crisp, brown outside and creamy-soft inside.

Seasoned Potatoes Anna

About 2¼ pounds russet potatoes
Cold water
½ cup melted butter or margarine—or herb, curry, or bacon butter on page 129
About ½ cup grated Parmesan cheese (omit if using curry butter)
Salt and pepper

Peel the potatoes; cover with cold water to prevent browning. Using a thin-bladed sharp slicing knife, cut potatoes into paper-thin (about ⅛-inch) slices; return slices to cold water.

Grease a 9-inch cake or a 10-inch pie pan (one with a nonstick fluorocarbon finish is preferable). Drizzle pan bottom with 1 tablespoon of the butter.

Drain potato slices on paper towels; pat dry. Arrange ⅙ of the slices in an overlapping layer on bottom of pan as shown at left above. Drizzle potatoes with another 1 tablespoon butter; then lightly sprinkle with some of the Parmesan cheese (if used), salt, and pepper. Repeat layering potatoes, butter, cheese, and seasonings; drizzle top with any leftover butter. Press down top with a heavy pan to compress potatoes.

Cover pan with foil and bake on the lowest rack in a 425° oven for 30 minutes. Uncover and continue baking for 35 to 45 minutes longer or until potatoes are brown and crisp on top and around edges. Let stand 5 minutes.

Using a large spatula, hold potatoes in place and drain off excess butter. Loosen potatoes around edges; invert on a platter. Serves 6 to 8.

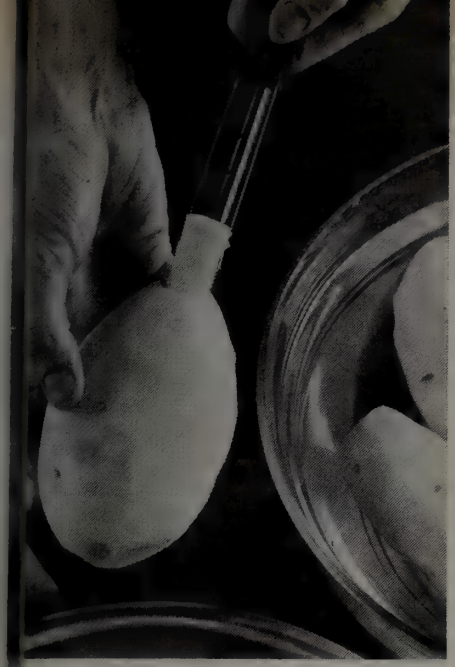
Swiss cheese, cream, and potatoes are layered for this rich, buffet-style dish.

Gratin Potatoes (*Gratin dauphinois*)

Peel 2 pounds potatoes (any type) and cut into thin slices; keep in cold water. Rub the bottom and sides of a 2-quart shallow casserole with 2 tablespoons soft butter or margarine mixed with 1 clove garlic, minced or pressed.

Drain potatoes and pat dry. Place ¼ of the slices in an overlapping layer in pan bottom. Toss together 2 cups (8 oz.) shredded Swiss cheese; 1 small onion, chopped; and 2 cloves garlic, minced or mashed. Place ¼ of this mixture over potatoes, then sprinkle with salt, pepper, and ground nutmeg. Repeat layering potatoes, cheese mixture, and seasonings.

Beat together 2 eggs and 2 cups whipping cream or half-and-half (light cream); spoon over potatoes. Sprinkle top with ½ cup shredded Swiss cheese; dot with 2 tablespoons soft butter or margarine. Bake, uncovered, in a 350° oven for 1¼ hours or until top browns and potatoes are fork-tender. Serves 8.



Pull out centers *lengthwise, then fill with savory sausage stuffing*

French potato salad *is dressed lightly with well-seasoned oil and vinegar*

These delicate deep-fried puffs make a showy presentation around a roast.

Potato Soufflé Puffs
(Pommes de terre à la Dauphine)

- 1 pound thick or thin-skinned potatoes (boiled or steamed as directed on page 128)
- 1 cup (4 oz.) shredded Swiss cheese
- 1 teaspoon salt
- ⅛ to ¼ teaspoon *each* ground nutmeg and pepper
- 1 cup water
- ½ cup butter or margarine
- 1 cup all-purpose flour, unsifted
- 4 eggs
- Salad oil

Peel potatoes; force through a ricer or mash with a hand masher until smooth. Stir in the cheese, salt, nutmeg, and pepper; set aside.

In a 3-quart or larger pan, combine water and butter; bring to boiling over medium heat. Stir in flour all at once, then continue stirring until mixture forms a ball; remove from heat. Beat in eggs, one at a time, until well blended; stir in potato mixture.

In a small deep pan, heat 2 inches of salad oil to 350° on a deep-fat frying thermometer. Spoon 1-tablespoon portions (about 8 at a time) of potato mixture into fat and cook, turning once, until golden brown; it takes about 4 minutes. Lift out with a slotted spoon; drain on paper towels. Keep in a warm oven as long as 30 minutes before serving. Or cool completely, cover, and freeze. To reheat, place puffs in a single layer on a baking sheet; bake in a 400° oven for 10 minutes, or until hot. Serves 6 to 8.

A sherry-flavored sauce makes this potato dish especially good with pork or veal entrées.

Sausage-stuffed Potatoes
(Pommes de terre farcies)

- Sausage stuffing (directions follow)
- 6 medium-sized long white potatoes
- Cold water
- 3 tablespoons melted butter or margarine
- 1 medium-sized onion, chopped
- 2 cups regular-strength beef broth
- ¼ cup dry sherry
- ¼ teaspoon thyme leaves
- 1½ tablespoons cornstarch mixed with 1½ tablespoons water
- Salt and pepper

Prepare stuffing. Peel potatoes; place in cold water. Use an apple corer to remove centers; discard centers. Drain.

Stuff each potato with ⅙ of the stuffing; brush each with melted butter. Place remaining butter in a frying pan set over medium heat. Add potatoes and cook, turning, until browned on all sides; remove from pan. Add onion to pan and cook, stirring, until limp. Add the broth, sherry, thyme, and potatoes. Cover and simmer until potatoes are tender.

With a slotted spoon, lift potatoes to a serving dish. Add cornstarch mixture and salt and pepper to taste to broth. Cook, stirring, until sauce boils and thickens; pour over potatoes. Serves 6.

Sausage stuffing. Mix together ¼ pound bulk pork sausage, 1 beaten egg, 1 tablespoon fine dry bread crumbs, ¼ cup minced green onions, ¼ teaspoon thyme leaves, and 1 clove garlic, minced.

Colorful waxy-textured round red potatoes are best for this piquant salad.

Potatoes Vinaigrette
(Salade de pommes de terre)

Boil or steam 2½ pounds potatoes as directed on page 128. Let stand 10 minutes; cut into ⅜-inch slices. Combine with ⅓ cup finely chopped parsley and 1 small onion, finely chopped.

Blend together 1 tablespoon Dijon mustard; 1 teaspoon salt; ¼ teaspoon pepper; ¾ teaspoon tarragon leaves; 1 to 2 cloves garlic, minced; ½ cup white wine vinegar; and ⅔ cup olive oil or salad oil.

Pour dressing over hot potato mixture; toss gently to coat. Cover and let stand at room temperature at least 3 hours; chill, if desired. Serves 8. □

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For Mongolian grill, guests choose and cook their own foods

When the Mongols invaded northern China in the thirteenth century, they brought lamb from eastern Europe and introduced a style of barbecuing still used in the Orient.

It calls for slotted, dome-shaped charcoal grills, called Genghis Khan grills, that are said to resemble the metal war helmets used by the invaders to cook small pieces of meat and vegetables gathered from the countryside.

But Mongolian barbecue dinners now featured at some Oriental restaurants differ from the crude repasts of those early times. Modern menus usually offer a mixture of lamb and other meats and vegetables embellished with interesting Oriental seasonings. Large electric grills have replaced the traditional slotted charcoal grills.

Our menu adapts the Mongolian barbecue to a small buffet dinner. For the cooking, you can use a portable electric griddle, or other small appliances such as a waffle baker and grill or an electric frying pan. All you need do before the party is cut the meats and vegetables and blend the seasoning liquids.

Mongolian grill buffet

Meat and Vegetable Grill
Steamed Rice
White Wine **Hot Tea**
Fresh Pineapple Spears

For the most authentic Oriental flavors, shop for sesame oil, chile oil, sake, and rice wine vinegar at an Oriental market. But if that isn't convenient, you can substitute as suggested in the recipes.

You can start preparing the meal a day ahead: vegetables and meats can be sliced and refrigerated and the seasoning liquids mixed and kept at room temperature.

To simplify self-service at the buffet table, arrange items in order of use: the dinner plates and vegetable mounds at one end of table; then seasoning liquids, each in a small bowl and labeled. Close to the grill, place meats, a container of cooking oil, and cooking utensils. You'll need 2 sets of salad servers, spatulas, or cooking chopsticks to accommodate 2 cooks at once.

Meat and Vegetable Grill

First prepare the seasonings. Cover and store up to a day at room temperature.

Hot Chile. Mix 1 teaspoon hot chile oil (or use 1½ teaspoons liquid hot pepper seasoning) and ¾ cup soy sauce.

Garlic. Using a mortar and pestle, or the back of a spoon in a bowl, crush 1½ teaspoons minced garlic with 1 teaspoon salt until the consistency of a smooth paste. Gradually stir in ½ cup rice wine vinegar (or substitute ⅓ cup white wine vinegar and 2 tablespoons water) until well blended.

Lemon-ginger. Grate 1 teaspoon peel from 2 large lemons; set aside. With a sharp knife, cut off all the white membrane; slice lemons, removing seeds. Thinly slice a 1-inch piece of peeled fresh ginger and place in a blender with lemon slices, the reserved peel, and ¼ cup water. Purée until smooth.

Wine. In a small pan, mix ½ cup sugar and 1 tablespoon cornstarch. Gradually add 1 cup sake (or dry Sherry) and bring to boiling; cook, stirring, until clear and thickened.

For the meats, you'll need about 1½ pounds lamb shoulder chops, 1 pound boneless lean beef (flank, top round, or sirloin), and 2 whole chicken breasts (about 1¾ lbs.). Or you can use about 3 pounds of any one of these meats. Trim excess fat from lamb and beef and cut meat from bone of lamb and chicken. Slice all meats across grain (it is easiest if they are partially frozen) into strips about ¼ inch thick and 2 to 3 inches long (cut flank in slanting slices). If done ahead, refrigerate.

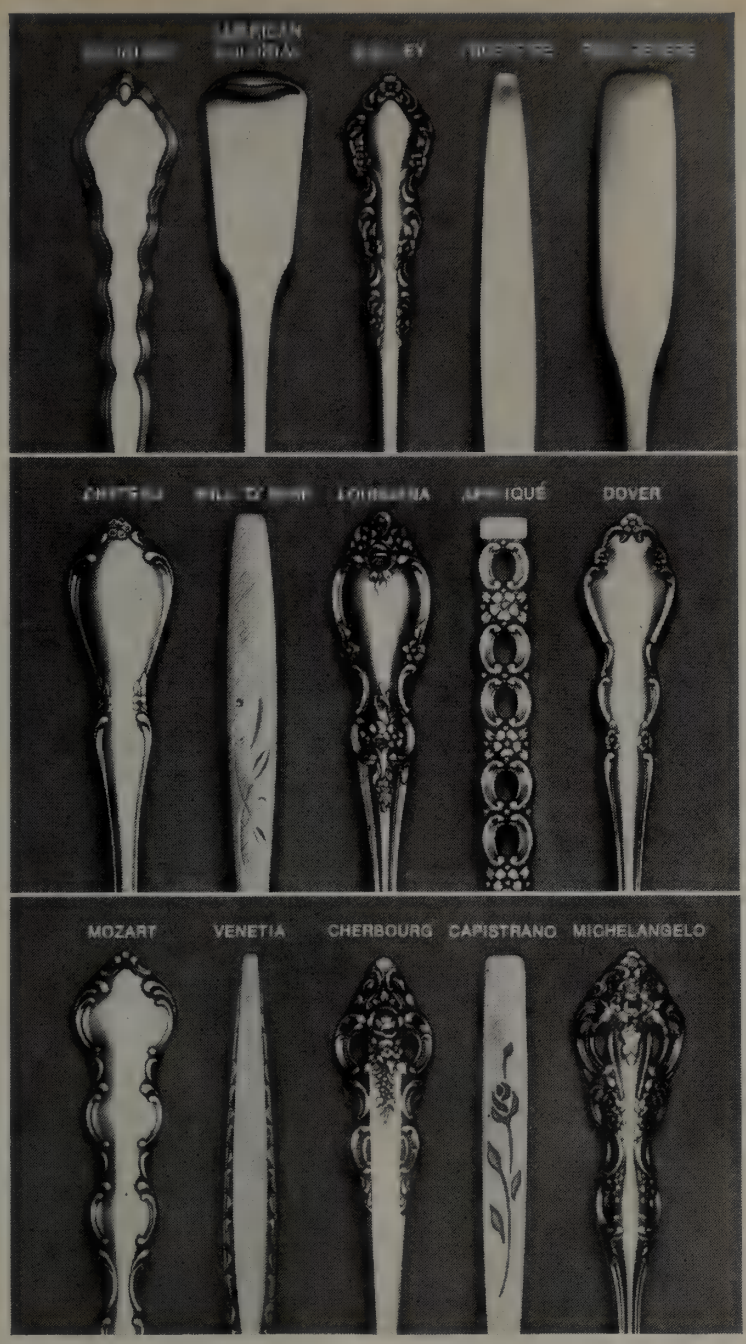
To prepare vegetables, coarsely shred 3 large carrots; thinly slice 2 large onions; rinse and drain ¾ pound bean sprouts; slice 2 large green peppers into ¼-inch strips; cut 3 medium-sized tomatoes into thin wedges; shred 3 cups red cabbage. Refrigerate in separate containers.

At serving time, preheat electric grill to 350° or medium-high setting. For each serving, guests select about 1 cup of mixed vegetables, douse them with 1 or 2 teaspoons of each seasoning liquid, then select several slices of each meat. Brush grill with about 1 teaspoon sesame oil or salad oil and put on meats. Cook meat, turning, until lightly browned, about 1 minute; then add vegetables with seasoning.

Continue cooking, mixing meat with vegetables until vegetables are just tender, about 1 more minute. Makes about 2 servings for each of 6 guests. □

Guests *douse vegetables with seasonings, top with meat slices, then quickly cook all together on electric grill*

DARROW M. WATT



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It's the pie that makes these picnics

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A savory vegetable pie is often the main attraction of a country picnic for the Dudal family in southern France. One of the daughters of this family, Françoise, now lives in California, and treated us to a "pique-nique à la Française" in the California hills.

Françoise's two-crusted pie, called tourte aux herbes (*toort oz airb*) is filled with finely chopped vegetables, herbs, bacon, and cheese. As it cooks, the vegetable juices are absorbed by rice, so the pie cuts into firm slices. The quick pastry dough makes a tender, flaky crust.

An open-faced Swiss chard pie was prepared for us by another native of France who now lives in Saratoga, California. A wedge of Nicole's pie reveals a layer of egg slices and black olives tucked between two layers of green leafy chard. Sweet, slow-cooked onions and a sprinkling of pepper crown the top.

Since both pies can be made ahead, and are best when served barely warm or at room temperature, they are perfect for a picnic. To fill the basket, accompany either pie with a crisp white wine, crusty bread, a selection of cheeses (choose from Brie, Camembert, Swiss, or Port Salut), cherry tomatoes, and fruit.

Vegetable Herb Pie

- ½ cup uncooked long-grain white rice
- Water
- About ¾ pound zucchini
- About ¾ pound Swiss chard
- 2 cups fresh or frozen peas
- ½ cup medium-finely chopped parsley, green pepper, and sliced green onion, combined
- 1 small onion, finely chopped
- 3 cloves garlic, minced or pressed
- ½ pound sliced bacon, cut in 1-inch pieces
- 1½ cups shredded Swiss cheese
- 1 egg, lightly beaten
- [illegible] tablespoons olive or salad oil
- 1 teaspoon savory leaves
- ½ teaspoon *each* pepper and salt
- ½ teaspoon thyme leaves
- Pastry dough (directions follow)
- 1 egg yolk [illegible] 1 tablespoon water

Place rice in a bowl and cover with warm water; set aside. To prepare vege-

DARROW M. WATT

Open-faced pie *is layered with hard-cooked eggs over leafy chard. Black olives come next, then Parmesan cheese, a second layer of chard, and sweet onions*

Wedge *of vegetable pie, laced with cheese and herbs, is served barely warm; it's perfect picnic fare*

ıbles, finely chop zucchini to make 2 ups. Remove white stalks from chard ınd discard or save for another use), ıen chop leaves to make 2 cups. In a ırge bowl, mix the zucchini, chard aves, peas, parsley, green pepper, reen onion, onion, and garlic.

ook bacon in a small frying pan, stirıng occasionally, over medium heat ntil lightly browned; remove and drain n paper toweling. Add to the vegetable ıixture with the cheese, egg, olive oil, avory, pepper, salt, and thyme. Drain ice in a fine wire strainer and add to vegetable mixture.

Make the pastry dough and divide in half to form 2 balls. Place 1 ball between 2 pieces of lightly floured waxed paper and roll into a circle, ⅛-inch thick. Line a 10-inch pie pan or quiche dish with pastry, leaving at least 1 inch hanging over plate lip. Fill crust with vegetable mixture.

Roll out second ball into a ⅛-inch-thick circle and place over filling. Trim pastry, leaving a 1-inch overhang. Then moisten pastry edges with the egg yolk, beaten with water; pinch to seal and flute if desired.

Brush top of pie with egg yolk mixture. Roll out any remaining pastry scraps, cut into decorative shapes and arrange on crust; brush with egg yolk mixture. With a knife, make small slits in crust for steam vents.

Bake pie in a 400° oven for 60 minutes; if crust begins to darken excessively, cover loosely with foil during last 15 minutes. Cool on a rack and serve warm or at room temperature. If made ahead, chill, then warm to room temperature before serving. Serves 6.

Pastry dough. Melt ½ cup plus 5 tablespoons butter or margarine in a small saucepan over low heat. Remove from heat and stir in ⅓ cup cold water and 2½ cups all-purpose flour, unsifted. Mix just until blended.

Swiss Chard Pie

In a large frying pan, heat ¼ cup olive or salad oil. Add 3 large onions, thinly sliced, and cook over medium heat, covered, until onions are limp. Then uncover and cook, stirring frequently, until golden; allow about 30 minutes total cooking time. Remove onions from heat and stir in 1½ teaspoons garlic salt.

Trim white stalks from 2½ pounds chard (discard stalks or save for another purpose). In a large kettle, bring about 1 quart of water to boiling; then add chard leaves. Cover and cook over high heat until center vein in leaves is tender when pierced, about 8 minutes; drain.

Make pastry dough (recipe follows). Shape dough into a ball and place between 2 pieces of lightly floured waxed paper. Roll out into a ⅛-inch-thick circle, then fit into a 10-inch pie pan and flute edges if desired. Or fit into a 10-inch quiche dish and trim pastry even with top edge. Prebake crust in a 400° oven for about 15 minutes or until golden brown. Cool slightly on rack.

Separate chard leaves in half and place one half in crust. Slice 3 hard-cooked eggs and arrange over chard layer. Distribute ¼ cup halved ripe olives over eggs, then sprinkle with ¼ cup grated Parmesan cheese. Arrange remaining chard over eggs; top with onions.

Drizzle pie with 2 tablespoons olive oil. Or, if desired, drizzle oil from 1 can (about 2 oz.) caper-stuffed rolled anchovies over pie, then garnish with anchovies. Sprinkle ¼ teaspoon coarse ground black pepper over top. Cover and chill if made ahead.

Place pie in a 350° oven for 15 minutes (20 minutes if chilled) or until warm throughout. Serve warm or at room temperature. Makes 4 servings.

Pastry dough. Melt 6 tablespoons butter or margarine in a pan over low heat. Remove from heat and stir in 5 tablespoons water and 1¼ cups all-purpose flour, unsifted. Mix until blended. □

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CAYMAN ISLANDS
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Glistening bundles of cabbage stuffed with spicy lamb

W. D. A. STEPHE

Stuffed *cabbage rolls surround curried rice with raisins. Condiments are apple, coconut, chutney*

Freezing a raw cabbage is not usually recommended in the world of cookery: Few recipes call for a head of limp lifeless leaves.

In preparing cabbage rolls, however, freezing makes the leaves easy to roll around the filling, eliminating the laborious task of blanching each leaf. After thawing, the limp leaves peel off easily without tearing. When cooked, there is no difference in texture or flavor.

We've used the freezing technique for this version of South African cabbage rolls. Filled with ground lamb, they're seasoned with chutney, curry, and coriander and served around a bed of curried rice with raisins.

South African Cabbage Rolls

- 1 large head (about 2½ lbs.) cabbage
- 3 tablespoons salad oil
- 1 medium-sized onion, chopped
- 3 tablespoons *each* curry powder and coarsely chopped Major Grey's chutney
- 1 tablespoon vinegar
- 1 teaspoon *each* salt and ground coriander
- ½ teaspoon pepper
- 2 pounds lean ground lamb or beef
- ⅓ cup bread crumbs
- 1 egg
- 1 can (14 oz.) regular-strength beef broth
- 1 or 2 cinnamon sticks (each about 2 inches long)
- 3 tablespoons all-purpose flour blended with ¼ cup water
- Yellow rice with raisins (directions follow)
- Condiments (suggestions follow)

Wrap the unwashed cored cabbage in foil and freeze up to a month ahead. To thaw, unwrap and place in a bowl of lukewarm water for about 1 hour. To separate leaves, hold cabbage under warm running water and gently peel off 1 leaf at a time; you'll need 12 to 14 large leaves. (Save remaining cabbage to use in soups, if desired.) Trim off thic stem end of each leaf for easier rolling.

In a small frying pan, heat the oil ove medium heat; add the onion and curr powder and cook, stirring, until onion i limp. In a bowl, combine chutney, vine gar, salt, coriander, pepper, lamb crumbs, and egg; mix in onion mixture

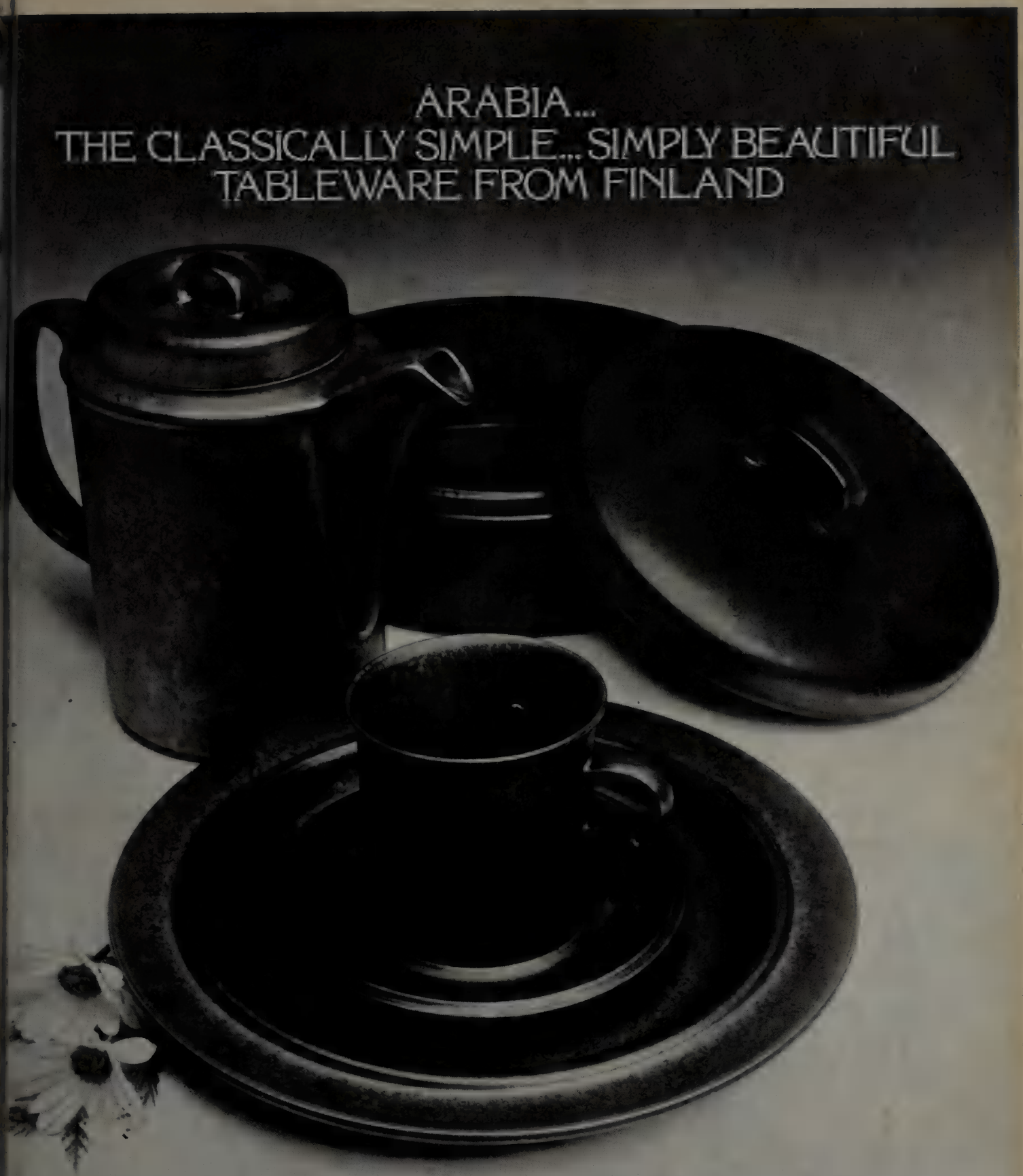
Use about ½ cup of the meat mixtur for the large leaves, a little less fo smaller ones. Place meat near the bas of each leaf and roll leaf to enclose tucking ends under. Place rolls, sean side down, in a 9 by 13-inch baking dis or a 3-quart shallow casserole dish Cover and chill if made ahead.

Pour broth over cabbage rolls; add cin namon sticks. Cover and bake in a 350 oven for 1 hour 45 minutes.

With a slotted spoon, transfer cabbag rolls to a platter; keep warm. Skim an discard fat from broth; pour broth int a pan and stir in the flour mixture Cook, stirring, until sauce boils an thickens. Pass sauce at the table to spoo over cabbage rolls and the rice. Offer or 4 of the condiments. Serves 6 to 8.

Yellow rice with raisins. In a 3-quar pan, heat 1 tablespoon salad oil ove medium-low heat. Add 1 tablespoo curry powder and cook, stirring, for minutes. Stir in 1 teaspoon salt, ¾ tea spoon ground cumin, ½ teaspoo ground turmeric, and 1½ cups lon grain white rice. Stir in 3 cups hot wate and bring to a boil. Reduce heat to low cover, and steam for 20 minutes or unti liquid is absorbed and rice is tender Remove from heat and stir in ¾ cu seedless raisins and 2 bay leaves; cove and let stand 5 minutes.

Condiments. Choose from chutney chopped bananas, apples, or peanuts sliced green onion; shredded coconut.



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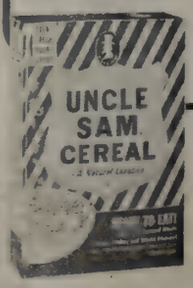

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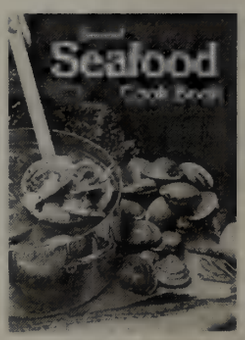

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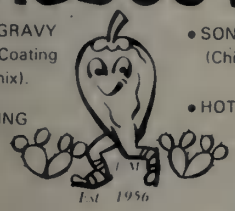

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Culinary invention? It's called "making do"

A basic concept in cooking has nearly disappeared in our day, and yet it was responsible for much of the finest culinary invention. It's called "making do." "Making do" turns the seeds of a wheat stalk into yeast bread and biscuits, crêpes and cake, white sauce and spaghetti. It allows a humble cabbage to appear as boiled dinner and sauerkraut, stuffed leaves and soup.

Ken Beckel has an old family recipe that brings this concept to fruition in a turnover. For the outside, a grain of wheat is allowed to catch a bad case of yeast and then the dough is rolled thin to make a wrapper. For the inside, a cabbage is confined with onions and suchlike. *Chef* Beckel calls the thing *bieroch*, a Slavic word related to pirog and piroshki that means (approximately) pie. He is particularly insistent that you should add what you like to the basic innards of the dish, another example of making do.

Kraut Bieroch

- 1 loaf (1 lb.) frozen bread dough
- ½ pound bulk pork sausage (optional)
- ¼ cup salad oil
- 11 cups shredded cabbage (about 2 lbs. cabbage)
- 1 large onion, chopped
- 2 cloves garlic, minced or pressed
- ½ teaspoon pepper
- 2 teaspoons salt
- ½ teaspoon caraway seed
- Melted butter or margarine

Defrost bread and allow to rise, following package directions. When bread is nearly ready, crumble sausage, if used, into a 5-quart kettle over medium he and cook until brown. Add oil to pa then stir in cabbage, onion, garlic, pe per, salt, and caraway; cook, stirring fr quently, until cabbage is tender to bit about 10 minutes. Drain and disca drippings; set cabbage mixture aside.

Punch down dough and divide into 1 equal portions. On a lightly flour board, roll each into a 5-inch squar Keep unrolled dough covered wi plastic wrap until needed. Place ¼ cu cabbage mixture on each square, the bring opposite corners of dough togeth over filling and pinch edges together completely enclose filling.

Place dough packets on a well-grease baking pan and let rise 20 minutes. Bak in a 400° oven for 12 to 15 minutes

Chefs of the West®

The Art of Cooking... by men... for men

little-known things you can do with your microwave. d one well-known friend to help you.

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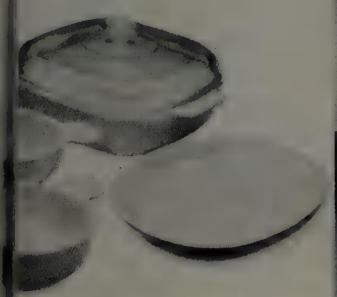

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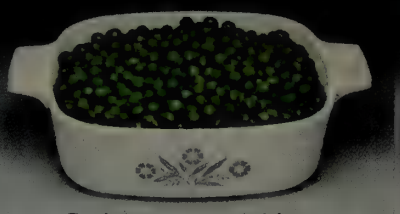
CORNING

Freeze chili in Corning Ware casserole, then pop in microwave to defrost and cook. 15 mins.

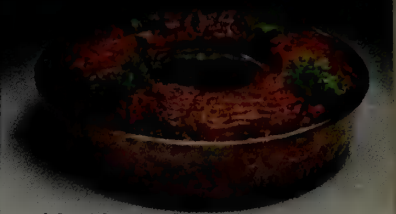
Hot oatmeal for one takes 1 minute in a Corning Ware Grab-It.™

Grilled cheese looks grilled when you use the Corning Ware Microwave Browning Skillet.

Nuts are easier to shell after a 4-minute hot bath in a Pyrex ware pie plate.



Cook frozen vegetables without water in a 1 qt. Corning Ware casserole. 5 minutes.



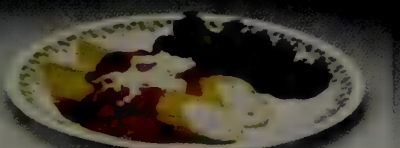
Meat-loaf in Pyrex Microwave Ring Mold takes only 11 minutes. Looks great.

For juicier barbequed chicken, pre-cook in microwave for 12 minutes. Use a Corning Ware roaster.

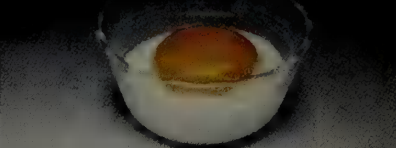
Boil 3 tbsp. vinegar in cup of water for odor-free microwave oven. Takes 1 minute.

Hot, buttered corn with no mess in a Corning Ware skillet. 7 minutes.

Shrimp come out crisp, tender and beautiful in Pyrex ware Fireside bowl.

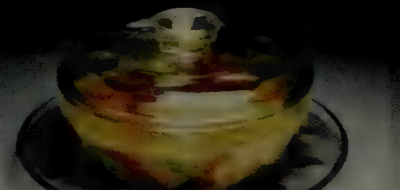


Reheat a latecomer's dinner right on a Corelle livingware dinner plate.



Cook an egg in 30 seconds in a Pyrex ware custard cup.

Artichokes from raw to cooked in 14 minutes in a Corning Ware casserole.



Heat and serve soup in Pyrex ware Sculptured Ovenware.

Yours. Send 25¢ postage/handling to Microwave Cookware Guide, Box 1212, Corning, N.Y. 14830.*

Crisp up limp potato chips in a Pyrex ware bowl. 1 minute.

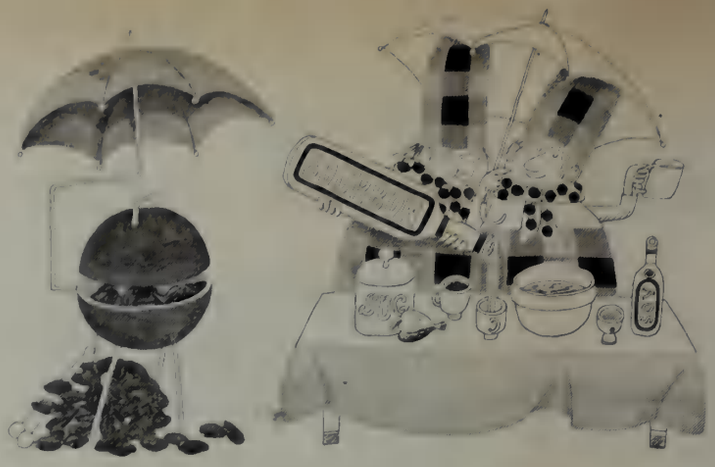
Melt cheese on taco chips for quick, hot hors d'oeuvres. Use Corelle livingware platter.

This symbol on a Corning package means ideal for microwave.

until golden. Remove from oven, brush tops immediately with melted butter, and serve hot. Makes 16 turnovers.

Astoria, Ore.

It may seem a little early for the barbecue, but if you have a covered grill any season is outdoor-cooking season. Ralph Jacobs gives us a barbecued pork loin intended especially for the covered grill, no matter what the weather on the porch (terrace, lanai, patio—choose one).



"No matter what the weather on the porch"

Barbecued Pork Loin

- 4 to 5-pound boneless rolled pork loin
- ½ cup soy sauce
- ½ cup bourbon
- 2 tablespoons packed brown sugar
- ½ teaspoon ground ginger
- 1 clove garlic, minced or pressed

Place the roast in a plastic bag. Blend the soy, bourbon, sugar, ginger, and garlic; pour over roast, seal bag, and allow to marinate in the refrigerator for several hours or as long as overnight, tu ing occasionally.

About 1 hour before cooking the ro ignite a pile of 40 to 50 long-burn briquets. When the charcoal is coa with gray ash (30 to 40 minutes), range briquets on either side of a d pan placed in center of fire bed. I roast from marinade, drain briefly, a place on a greased grill directly abo drip pan. Set marinade aside. Cover b becue and adjust dampers according manufacturer's directions.

Roast the pork about 30 minutes pound, or until a meat thermometer serted into thickest portion regist 170°. Add 4 to 6 briquets to each p of coals about every hour if needed keep fire constant. Brush roast seve times with reserved marinade dur cooking. Heat remaining marinade a pass at the table to spoon over slic pork, if desired. Serves 8 to 10.

Hacienda Heights, Calif.

Somehow the idea of sheep on a tropic isle is incongruous. They have those f coats and a kind of nervous dispositi that goes poorly with trade winds in t coco palms. But if *Chef* Ray Fau wants to call his concoction Hawaii Lamb Shanks, who are we to say nay?

Hawaiian Lamb Shanks

- ⅔ cup catsup
- ½ cup vinegar
- ½ cup water
- ¼ cup soy sauce
- 1 can (about 8 oz.) crushed pineapple
- ¼ cup packed brown sugar
- 1 teaspoon salt
- ½ teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 2 bay leaves
- 1 onion, thinly sliced
- 1 lemon, thinly sliced
- 6 lamb shanks (about 6 lbs.)
- 2½ tablespoons cornstarch blended with 2½ tablespoons water

In a 3-quart pan, mix catsup, vinega water, soy, pineapple and its juic

The Waring Juice Extractor gives you all the good natural juices from fresh whole fruits and vegetables. So you can drink a carrot, an apple, a tomato, a pineapple, a whatever. Plus the Waring Juice Extractor is easy to use and easy to clean. It's even easy on the pocketbook. Cheers!

WARING

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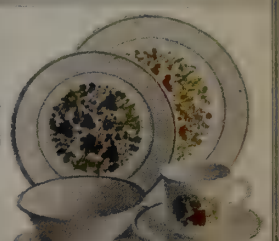
sh flowers on the table have akened many a sleeping taste . And these sunny floral pat- s harmonize happily with your favorite colored table linen. They're CORELLE® Expressions livingware from Corning. Which means they're no shrinking violets at taking punishment. And the patterns won't wilt in the washer. Choose your favorite decoration. Or, for gifts, buy the whole blooming lot. **CORNING**



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sugar, salt, nutmeg, ginger, bay, onio and lemon; simmer, uncovered, ov low heat for 30 minutes.

Arrange shanks in an ovenware dish th fits them closely, pour on the sauc cover, and cook in a 350° oven for 2½ to 3 hours or until shanks are for tender. Lift shanks to a serving platte

Pour sauce through a wire strainer remove bay, fruits, and onion. Skim fat. Bring sauce to a boil; add the cor starch mixture and cook, stirring, un thickened and clear. Spoon part of over meat; pass remainder in a bowl the table. Makes 6 servings.

W. R. Faulk
Ventura, Calif.

Years ago when the lemon cucumb was something new on the scene, grocer of our acquaintance was fond telling his customers that they were pecially good. "They don't repeat!" would say.

From a cucumber to a bean is a lo step, but we have heard on good autho ity that the following process will tam the most vicious bean. First soak th creature and pour off the water. The simmer it and pour off the water. The prepare your bean dish. You have n destroyed the food value of the bea but merely removed its claws.

All this comes to mind because Henr Lattschar offers us his version of a reall splendid red bean soup.

Red Bean Soup Lattschar

- 1 package (12 oz.) dried red beans
- Water
- 1 pound slab bacon
- 1 large onion, chopped
- 1 tablespoon chile powder
- ½ teaspoon *each* pepper and sugar
- 2 tablespoons cider vinegar
- 3 cans (8 oz. *each*) tomato sauce
- 2 cups water

Soak beans overnight in water to cover drain and rinse beans well. Bring 7 cup water to a boil in a 5 to 6-quart kettle add soaked beans, cover, and boil gentl until tender to bite, about 1 hour, addin more water if needed to keep beans co ered with liquid. Drain well.

Cut off and discard bacon rind. Cu bacon into small squares; place in a wid frying pan over medium heat and coo until browned. Pour off all but 2 table spoons of the drippings, then add onion chile powder, pepper, and sugar; sti until onion is translucent. In a 5 to 6 quart kettle, combine bacon mixture drained beans, vinegar, tomato sauc and the 2 cups water. Bring to a boil reduce heat, cover, and simmer 30 to 4 minutes to blend flavors. Makes abou 2½ quarts.

Henry Jr. Lattschar
River Pines, Calif.

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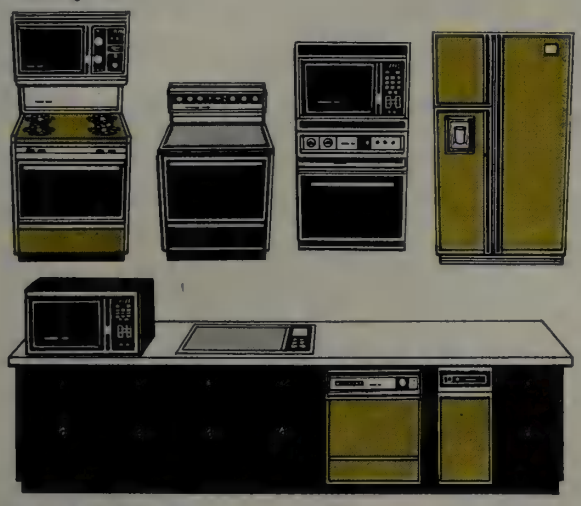

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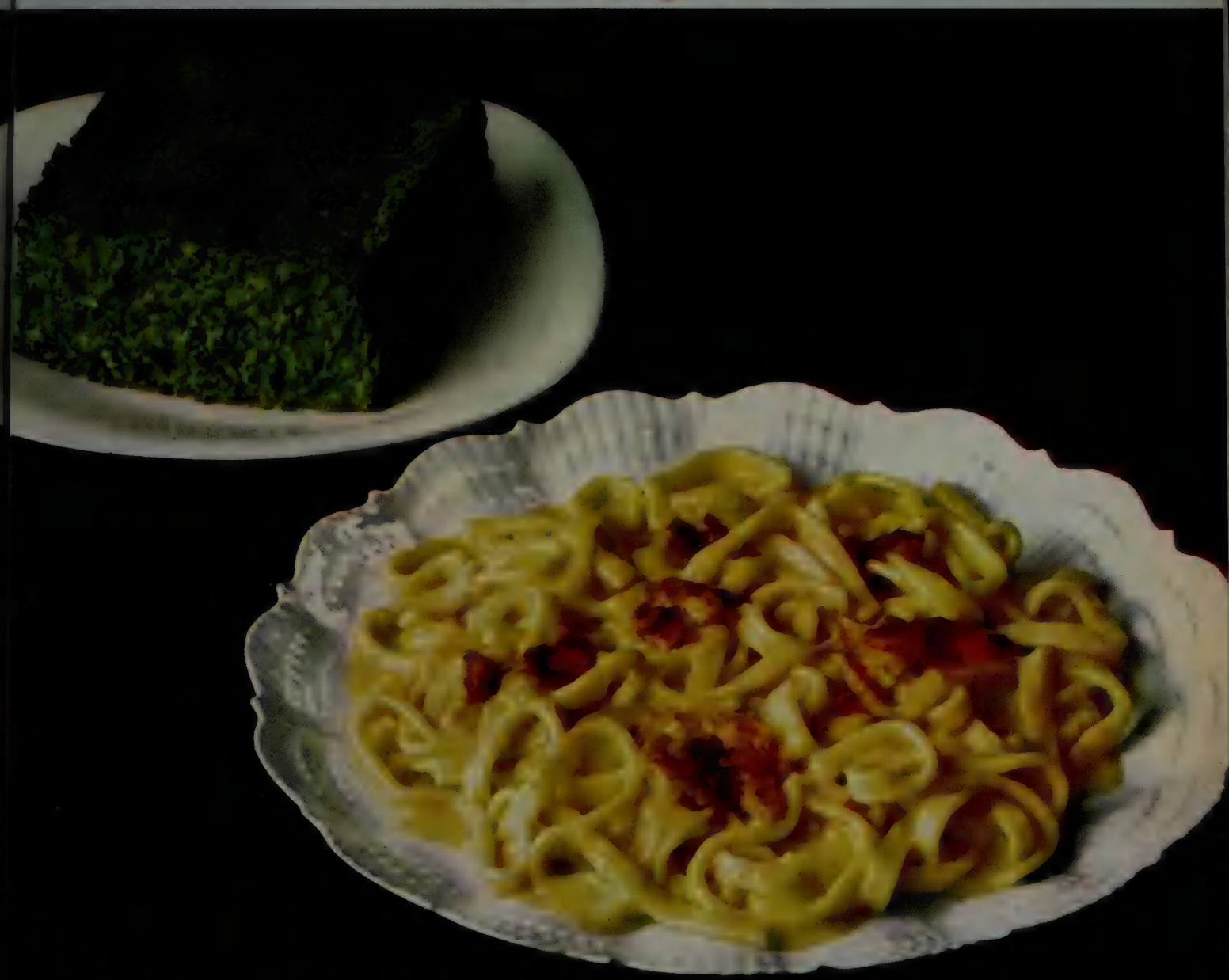

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Stouffer's Side Dishes.
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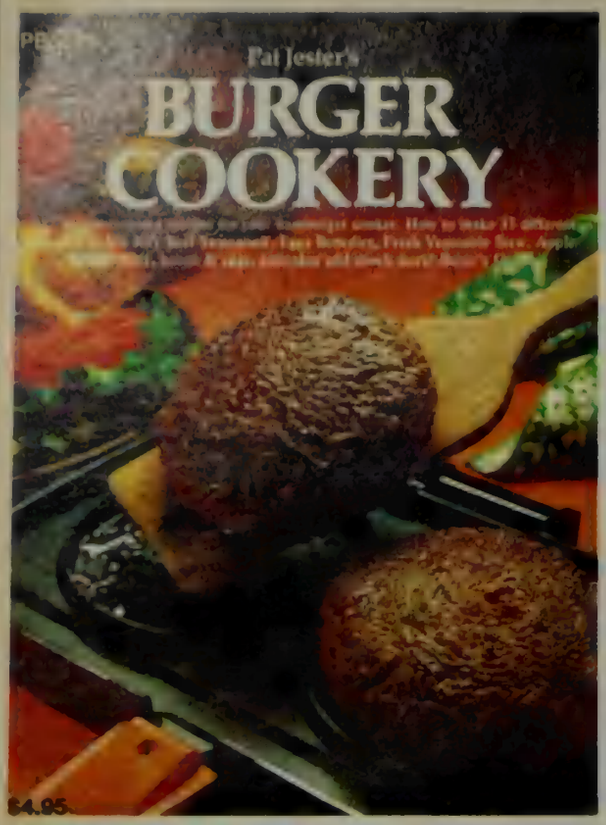

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DARROW M. W

Cold cuts *from this pork, veal, and ham loaf make delicious picnic sandwiches*

These compact French loaves get better with modest aging

The French have a way of making ground meat mixtures into compact meat loaves to slice into cold cuts. They call the loaves *terrines* after the straight-sided casseroles traditionally used to bake them in, and usually serve them as a first course, with toast or crusty bread and small very sour pickles called *cornichons*.

But terrines are remarkably versatile, and they're catching on in this country as good cooks discover different ways to serve them: cut in thick slabs and sandwiched between slices of hearty pumpernickel or rye bread for picnic fare, or served with bread and a salad for a light meal at home.

When baked in shallow pans, the loaves can be cut into thin slices to fit cocktail-sized breads for serve-yourself appetizers (see picture on page 238).

Using a food processor to grind and blend the meats greatly simplifies the making of terrines; without one you'll need a food chopper to do this job.

The loaves must be made ahead to allow time for chilling them overnight with weights pressing on top. They keep well for up to a week in the r erator, and actually improve a flavors mingle for a few days; or can be frozen to store longer.

Here we present two classic Frenc rines. In the first, a ground veal pork mixture is layered with stri veal and ham that appear as attr bands when the loaf is cut. The se terrine is composed of beef liver pork. Either can be shaped as a loaf or a thin one for appetizers.

French cooks buy special fresh fat to encase the terrine as it b the pork adds flavor and gives a compact look to the loaf. Our re use bacon to give the same effect fat renders out as the terrines bak is removed before serving.

Serve these meat loaves with bre toast, spread with butter or a h radish-mustard spread (recipe foll You might also offer sweet or pickles or pickle relishes.

Horseradish-mustard spread. In a bowl combine 1½ cups mayon 1½ tablespoons *each* prepared h radish and Dijon mustard, and ¼

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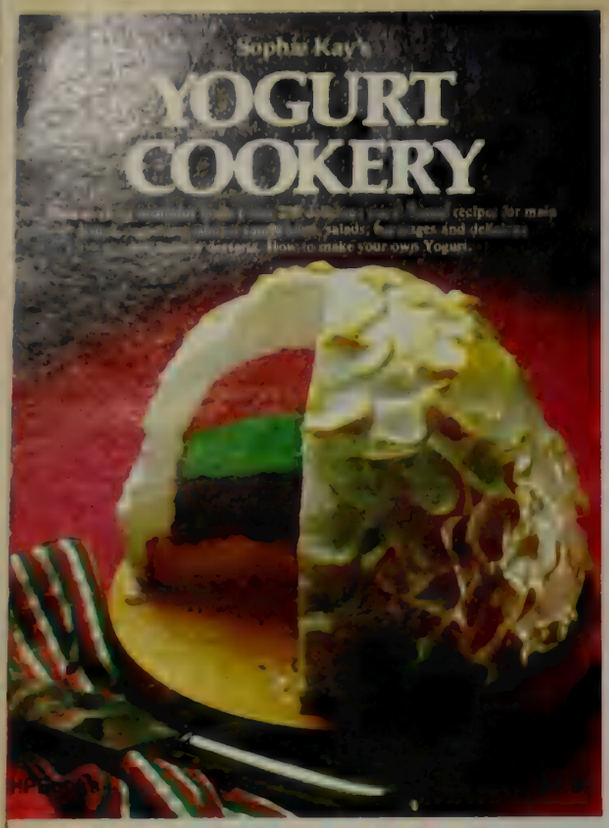

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DARROW M.

Strips of veal and ham *are arranged between layers of ground meats in terrine; they make interesting contrasts when loaf is baked and cut*

finely chopped green onions and tops. Mix well, adding garlic salt (about ½ teaspoon) and pepper to taste. Cover and chill until needed. Makes 2 cups.

Terrine of Pork, Veal, and Ham

- 6 slices bacon
- Water
- ¼ pound *each* boneless veal (cut from leg) and cooked ham, both meats cut ¼ inch thick
- 1 small onion
- 3 tablespoons brandy or apple juice
- 1¼ teaspoons thyme leaves
- ¾ teaspoon ground allspice
- 1 pound *each* boneless veal stew and pork butt
- ½ pound pork fat trimmings
- 4 sprigs parsley
- 2 eggs
- ⅓ cup half-and-half (light cream) or milk
- 2 teaspoons salt
- ¼ teaspoon pepper
- Boiling water
- 2 whole bay leaves
- 6 whole black peppers

In a pan, cover bacon with water and parboil for 20 minutes. Drain.

Cut the ¼ pound *each* veal and ham into strips ¼ inch wide. Slice onion using slicing disk of food processor or by hand. In a bowl, combine meat strips, onion, brandy, and ¼ teaspoon *each* of the thyme and allspice. Mix; let stand while you prepare ground meats.

To prepare with a food processor, cut the 1 pound *each* of veal and pork and the pork fat into 1-inch cubes. Using the metal blade, process about 1 cup at a time until finely chopped. Transfer each batch to a large bowl. Remove onion from marinated meat mixture and process with the parsley until finely chopped; add to meats.

Drain brandy from marinated meat into processor and add eggs, half-and-half, remaining 1 teaspoon thyme and ½ teaspoon allspice, and the ¼ teaspoon pepper. Process until blended. Mix with the chopped meats, then process mixture, about ⅓ at a time, unt finely ground and bits of pork f barely visible.

To prepare without a food pro put the 1 pound *each* veal and po pork fat, onion (from the marinad parsley through a food chopper with a fine blade. After mixing ir ents in the bowl, put through food per again.

For a traditional loaf shape, arra slices of the prepared bacon leng on bottom of a 5 by 9-inch loa (or 6-cup straight-sided baking Spread ⅓ of the meat mixture i and arrange half the strips of ve ham lengthwise in pan. Repeat another ⅓ of the meat and rem meat strips. Evenly spread rem ground meats in pan and cover remaining 3 slices bacon. Arrang leaves and peppers on top.

Cover tightly with foil; set pan a larger pan. Pour at least 1 inch b water into larger pan and place 350° oven. Bake until juices run (cut a gash to test), about 2 hours

Remove from oven, uncover, anc at room temperature about 15 mi Set terrine in a pan (one that will the refrigerator) to catch any juice overflow. Cut a piece of heavy board to fit inside top of pan, wrap board with foil, and set on top of mixture. Place a heavy weight su unopened cans on top. Chill w hours or overnight.

To serve, lift off bay and pepper merse terrine in very hot water rim just until fat begins to melt (it only a few seconds), then turn out a serving board. Remove any fat o side before slicing. You can clea terrine and return it (sliced or uns

su

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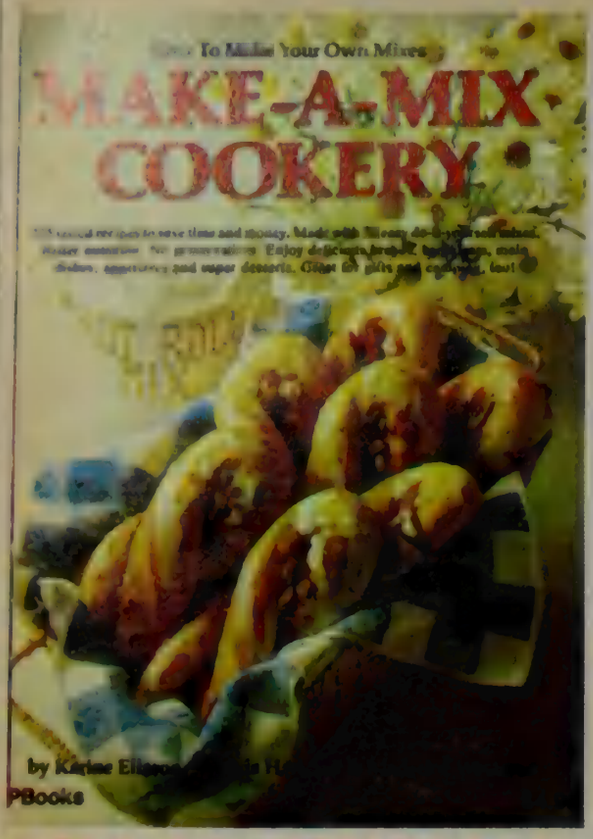

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to loaf pan or baking dish for transporting or storing. Makes 10 to 12 servings.

For party appetizers. Follow directions for traditional loaf, except for these changes: Substitute a shallow pan (about 1¾ by 7 by 11 inches) for the loaf pan and omit bacon from bottom. Spread ½ the ground meat mixture directly in pan and arrange all of the veal and ham strips lengthwise in pan. Then spread with the remaining ground meat and top with all the bacon, the bay, and peppers. Bake inside a pan of hot water; baking time will be shorter, about 1 hour and 30 minutes.

To serve, slice lengthwise into 3 sections, remove from pan, then thinly slice each section and overlap slices on serving plate. Makes about 100 thin slices.

Country Terrine

- 6 slices bacon
- Water
- 1½ pounds beef liver, sliced ½ inch thick
- 3 tablespoons butter or margarine
- 1½ pounds boneless pork butt
- 1 small onion
- 2 cloves garlic
- 2 eggs
- 2 tablespoons brandy or apple juice
- 2 teaspoons salt
- 1 teaspoon thyme leaves
- ½ teaspoon *each* marjoram leaves and ground allspice
- ¼ teaspoon pepper
- 2 whole bay leaves
- 6 whole black peppers

In a pan, cover bacon with water and parboil for 20 minutes. Drain.

Trim any membrane from liver; cut liver in about 1½-inch pieces. Melt the butter in a large frying pan over medium-high heat, add liver, and cook about 3 minutes, or until liver is slightly firm still pink inside.

Using a food processor, turn live pan drippings into processor bowl with a metal blade. Process with off bursts, or until liver becon rough paste; transfer to a large Cut the pork in 1-inch cubes and ess about ½ at a time with 4 bursts, or until finely chopped. pork to liver.

Cut the onion in quarters; pr onion, garlic, eggs, brandy, salt, th marjoram, allspice, and pepper onion is finely chopped. Pour over mixture and stir to blend. Proces meat mixture, about ⅓ at a time, it forms a semismooth paste.

To prepare without a processor liver mixture, pork, onion, and through a food chopper with a blade. After mixing ingredients in bowl, put the mixture through the chopper again.

For a traditional loaf shape, f directions for terrine of pork, veal ham, except for these changes: arranging bacon on bottom of spread all the ground meat mixtu pan. Then top with remaining 3 bacon, the bay, and peppers; bake serve as directed. Serves 10 to 12.

For party appetizers, follow direc under terrine of pork, veal, and substituting a shallow pan (about by 7 by 11 inches) and omitting b on bottom. Spread all the ground mixture directly in pan. Then top all the bacon, bay, and peppers; fini directed. Makes 120 thin slices.

DARROW M. WATT

Easy but elegant: *Country terrine (beef liver and pork) was baked in shallow pan, then cut into small thin slices for these party appetizers*

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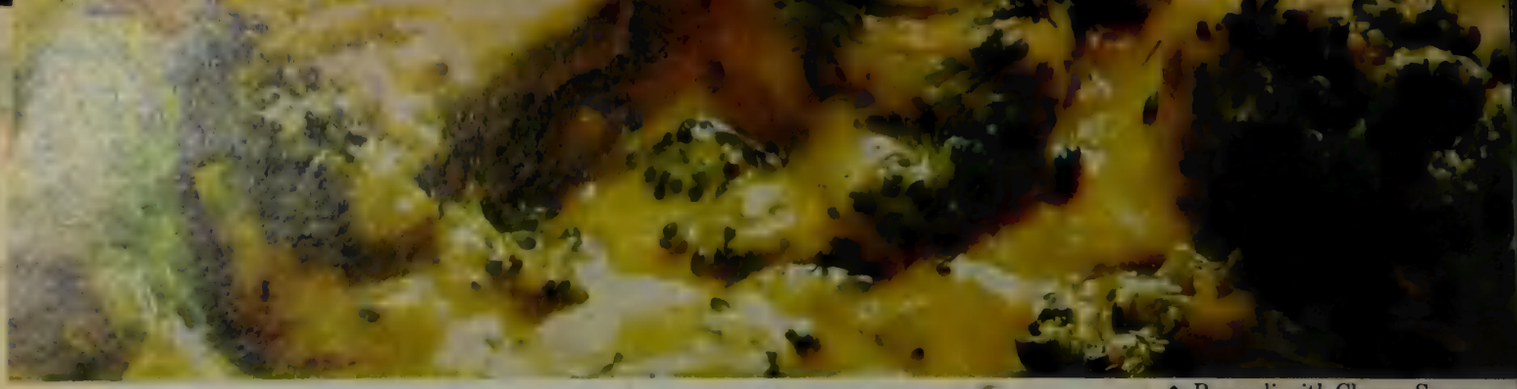
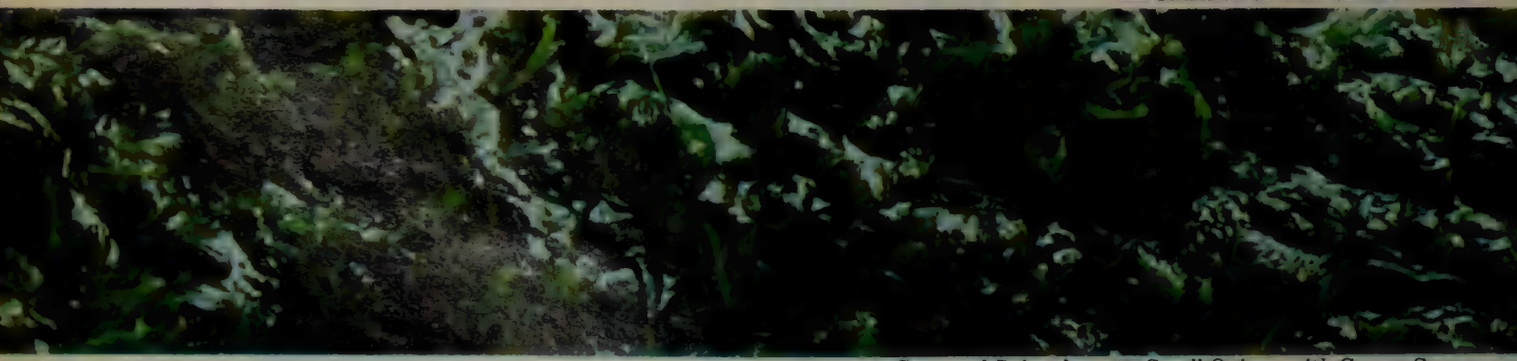


▲ Broccoli with Cheese Sauce

▲ French Green Beans with Toasted Almonds

▲ Green Peas with Cream Sauce

▲ Cauliflower with Cheese Sauce



▲ Creamed Spinach ▼ Small Onions with Cream Sauce

▲ Green Peas and Pearl Onions ▼ Carrots with Brown Sugar Glaze

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DARROW M. WATT

Colorful array *of meat, vegetables, tofu, noodles, and sauce is ready for cooking at the table*

Sukiyaki . . . a simple way or with Oriental options

For centuries the Japanese diet consisted of rice, vegetables, and fish. Not until the late 19th century, as Buddhist strictures were relaxed, was beef gradually added to these staples.

In typical Japanese cooking style, the beef was thinly sliced and cooked quickly with vegetables in a soy-based sauce. The dish became known as sukiyaki and remains a popular meal, both in Japan (where it's pronounced skee-*yah*-kee) and America.

Nowadays most Japanese cooks have their own version of sukiyaki. It can be made with pork or chicken as well as beef, or a combination of the three.

Japanese noodles *are chewy but slippery; offer your guests chopsticks, forks or both*

As an entrée for a small dinner party, sukiyaki is surprisingly easy. You can prepare the sauce and all the raw ingredients up to a day ahead, then arrange them on the table and do the cooking in front of your guests. To round out the menu, serve tea or warm sake (Japanese rice wine), rice, a cucumber salad, and fruit and cookies for dessert.

You can make sukiyaki with ingredients from your supermarket, but for a more authentic version you might want to shop at an Oriental market for some of the special options.

Sukiyaki

- Cooking sauce (recipe follows)
- 2 pounds lean beef sirloin or pork shoulder steak, 1¼ to 1½ inches thick; or 3 pounds chicken breasts; or a combination of 2 or 3 meats
- 1 can (11 oz.) baked tofu (*yaki* tofu or bean curd) or about 1 pound fresh, medium-firm tofu squares
- 1 can (about 1 lb.) boiled yam noodles or alimentary paste (*shirataki-mizuni*), rinsed and drained; or 4 ounces dried bean threads (also called *saifun* or cellophane noodles); or 6 ounces vermicelli
- 1 can (about 6 oz.) whole or cut bamboo shoots, thinly sliced
- ½ pound mushrooms, sliced
- 8 to 10 green onions, including tops, cut in 2-inch lengths
- 1 bunch watercress or spinach (trim off tough stems)
- 4 to 6 eggs (optional)

Prepare the cooking sauce; cover and chill, if made ahead.

Trim excess fat off beef or pork, rese ing 2 strips of fat (about 1 by 2 inc each). Remove and discard any bo Place meat in freezer for about 30 m utes. Cut partially frozen meat in th slanting slices across the grain; arra on serving platter. (Skin and bo chicken breasts, if used. Slice in lo thin strips; arrange on serving plat with other meats.) Place reserved str of fat on top. (If serving chicken alo use 1 to 2 tablespoons salad oil for f Cover and chill if made ahead.

Rinse the baked tofu and drain well using fresh tofu, let drain at least minutes, then wrap in a towel and pl a flat, heavy weight on top; let sta about 30 minutes. Cut tofu in 1-in squares.

Rinse the yam noodles, if used, a drain well. If using bean threads, co in boiling water to cover until tra lucent, about 3 minutes; rinse and dra Or cook vermicelli according to pack directions; rinse and drain.

Arrange tofu, noodles, bamboo sho mushrooms, green onions, and wat cress on serving platters. Cover a chill, if made ahead.

To cook sukiyaki at the table, yo need a 10 to 12-inch electric frying p or a 10 to 12-inch sukiyaki or regu frying pan set over a portable h source. Arrange platters of meat a vegetables and pitcher of cooking sau near cooking pan.

Heat pan to medium-high and add str of fat (or oil if using all chicken). S strips around until pan is coated w fat, then remove strips. Add about h the meat and cook, turning frequent until lightly browned; push to one co ner of the pan.

Pour about ¼ of the cooking sauce o meat. Add about half the mushroon bamboo shoots, tofu, noodles, onio and watercress to pan, keeping each gredient in a separate pile. Pour abo ¼ of the cooking sauce over all. Si mer, turning foods frequently, until ve etables are wilted and tofu and nood have absorbed some of the sauce, abo 5 minutes.

Turn heat to low and serve sukiyaki individual plates, emptying the pa When you're ready for seconds, ra heat to medium-high and add remaini meat, pouring about half the remaini sauce over it. Add other remaining gredients and cook as directed above.

If desired, give each guest a raw egg a small bowl to beat lightly and use as dip. Makes 4 to 6 servings.—*S. F., C pertino, Calif.*

Cooking sauce. Stir together 1⅔ cu water, ¾ cup soy sauce, ⅓ cup *mir* (sweet rice wine) or dry sherry, 3 tabl spoons sugar, and ⅛ teaspoon sa Cover and chill, if made ahead.

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DARROW M. WATT

For main-dish slaw, *combine leftover roast beef with vegetables and chile dressing*

Heart of these hearty salads is meat

Leftover chicken, beef, ham, turkey, or freshly cooked chicken or roast

Cold leftovers from a roast or barbecue turn these salads into a whole meal.

If you have no leftovers handy, you can purchase and cook meats just for the salads or buy cooked meat from the delicatessen. A 3-pound broiler-fryer chicken will give you about 3 cups meat. And ½ pound of cooked boneless ham, beef, or turkey yields about 2 cups meat.

To round out the meal, accompany any of these salads with hot crusty bread or soft dinner rolls.

This beef salad is boldly seasoned with chile powder, bits of hot pepper, and fresh coriander. You can find the coriander (also called cilantro or Chinese parsley) in Oriental and Mexican kets. Or use regular parsley.

Chili Beef and Corn Salad

Chile dressing (recipe follows)
2 cup cold cooked beef, cut in matchstick-sized strips
3 cups shredded cabbage
1 medium-sized green pepper, cut in short thin slivers
2 small tomatoes, diced
1 small red onion, cut in rings
1 can (17 oz.) whole kernel corn, drained, or 1 can (12 oz.) whole kernel corn with sweet peppers, drained
¼ cup chopped fresh coriander (cilantro or Chinese parsley) or regular parsley
2 hard-cooked eggs, cut in wedges
Sprigs of fresh coriander or parsley (optional)

The Cream of Cheese.

A delicious assortment of hors d'oeuvres sure sets a party mood. They're easy to create with an assortment of crackers, fresh vegetables, cold cuts, garnishes, and the versatile Cream of Cheese—Philadelphia Brand cream cheese.

bine dressing and meat; cover and 30 minutes to 1 hour.

cabbage, pepper, tomatoes, onion, , and chopped coriander to meat ure; toss together to mix. Garnish eggs and sprigs of fresh coriander, esired. Makes 4 servings.—*G. K., Angeles.*

e dressing. Stir together ½ cup d oil, ⅓ cup red wine vinegar, 1 poon chile powder, 1½ teaspoons ic salt, ¼ to ½ teaspoon crushed pepper.

sted sesame seeds give this green d a nutty flavor. Crisp, crunchy ps of fried won ton skins also add interesting texture. Look for the won wrappers in the refrigerator or zer section of your market or check ental grocery stores.

ame Ham and Won Ton Salad

2 dozen won ton skins
Salad oil
1 bunch watercress (about ¼ lb.)
cups shredded iceberg lettuce
1 can (8 oz.) water chestnuts, drained and sliced
2 cups cold cooked ham cut in julienne strips, or 2 cups cold cooked shredded chicken or turkey
Sesame dressing (recipe follows)

t won ton into ½-inch strips. In a ing pan heat about ¼-inch salad oil over medium heat. Add won ton strips a few at a time and fry until crisp and golden, about 30 seconds. With a slotted spoon remove from pan, drain, and let cool. Store airtight at room temperature, if made a day ahead.

Pluck off tender leaves and stems of watercress; wash and drain. In a large salad bowl combine watercress leaves, shredded lettuce, water chestnuts, and ham. Cover and chill, if made ahead.

To serve, add fried won ton strips to salad. Pour over sesame dressing and toss to coat. Makes about 4 servings.—*R. L. B., Honolulu.*

Sesame dressing. In a small frying pan combine ¼ cup salad oil and 2 tablespoons sesame seed; cook over medium-low heat, stirring occasionally, until seeds are golden, about 2 minutes. Let cool. Stir in 2½ tablespoons *each* soy sauce and white vinegar, 1½ tablespoons sugar, and ¼ teaspoon salt.

In this last recipe, fruit and chicken or turkey are dressed with a curry and chutney-flavored yogurt and set on pineapple rings. Nuts add a crunchy garnish to these individual salads.

Curried Chicken and Fruit Salad

Stir together 1 cup unflavored yogurt, 3 tablespoons finely chopped prepared Major Grey's chutney, 1 teaspoon *each* curry powder and ground coriander, ¾ teaspoon garlic salt, ½ teaspoon dry mustard, and cayenne to taste; let chill while preparing the other ingredients.

In a large bowl combine 3 cups cold cooked chicken or turkey, cut in bite-sized chunks; 1 small green pepper, coarsely chopped; 1 can (11 oz.) mandarin oranges, well drained; 2 small bananas, cut in ¼-inch thick slices; ½ cup raisins; and ¼ cup thinly sliced green onions.

Cut off peel and crown from 1 large pineapple (about 5 lbs.). Cut fruit crosswise to make 6 thick (about ¾ in.) rounds; cut away cores and set aside the rings. Cut enough of the remaining pineapple into bite-sized chunks to make about 1 cup (save any remaining fruit for another use). Drain the chunks well and add to the chicken mixture.

Pour curry-yogurt dressing over chicken-pineapple mixture; mix gently to coat.

On each of 6 individual-size salad plates, arrange 2 or 3 butter lettuce leaves; lay a pineapple ring on top. Top each pineapple slice with equal amounts of the salad. Coarsely chop ½ cup salted roasted peanuts, almonds, or cashews; sprinkle each salad with equal amount of nuts. Makes 6 servings. □

The Cream of Hors d'oeuvres.

CREAMY STUFFED MUSHROOMS
1 lb. medium mushrooms
PARKAY Margarine
8-oz. pkg. PHILADELPHIA BRAND Cream Cheese
½ cup (2 ozs.) KRAFT Cold Pack Blue Cheese, crumbled
2 tablespoons chopped green onion
Remove stems of mushrooms; chop enough stems to make ½ cup. Cook mushroom caps in margarine 5 minutes.

Combine softened cream cheese and blue cheese, mixing until well blended. Stir in chopped stems and onion. Fill mushroom caps; broil until golden brown. 24-32 appetizers

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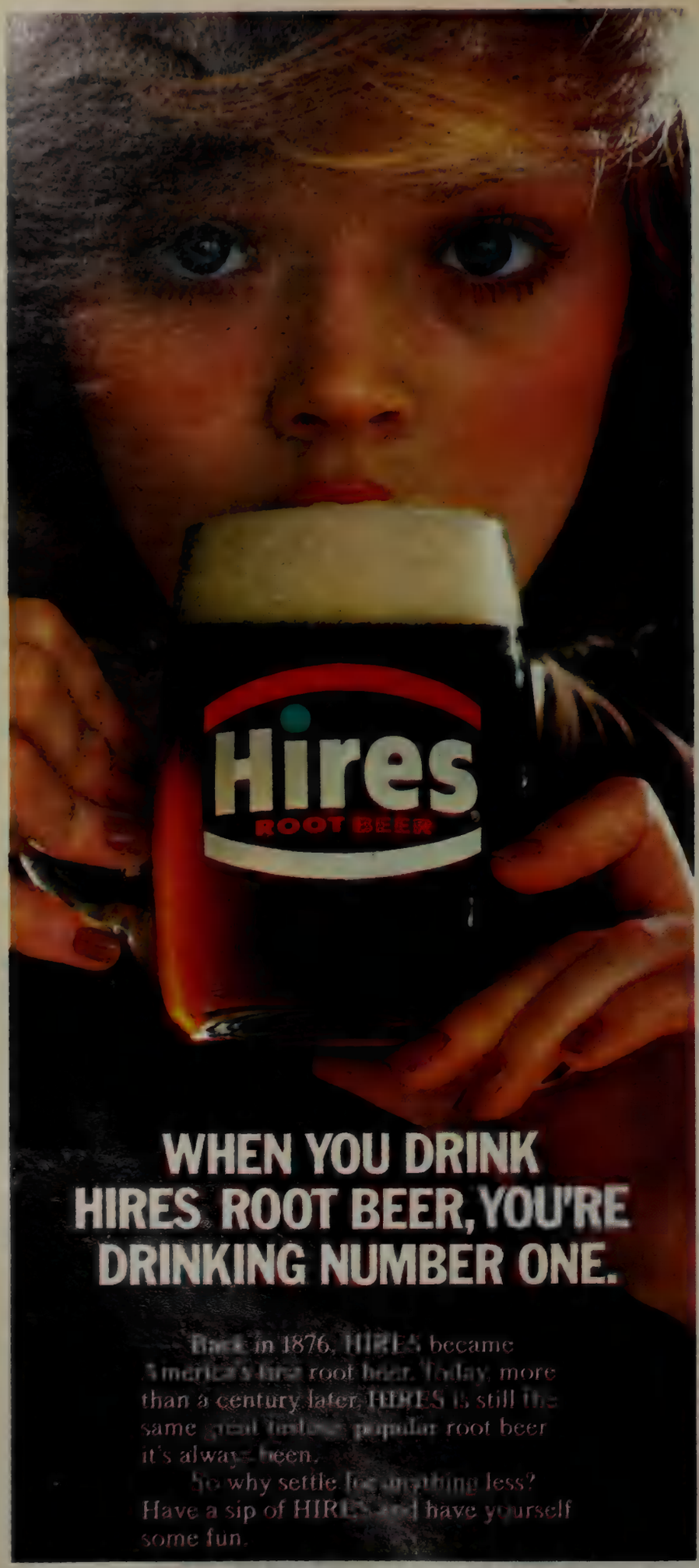

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DAVID STU

Dip *walnut-filled apple candy in powdered sugar to coat lightly all over*

Apple-walnut candy squares

Golden Delicious apples combine wi walnuts to make these sugar-duste translucent squares of candy.

A splash of rose water can be added give the candies a Middle Eastern flavo Look for it in the gourmet section your grocery or liquor store.

Apple Walnut Candy

- 1½ pounds (about 5 medium-sized) Golden Delicious apples
- 2 tablespoons water
- 2 cups granulated sugar
- 2 envelopes unflavored gelatin
- 2 teaspoons rose water (optional)
- 1 teaspoon *each* grated lemon peel and lemon juice
- ½ teaspoon almond extract
- 1½ cups chopped walnuts
- About ½ cup powdered sugar

Core apples (do not peel) and cut in 1-inch chunks; you should have about cups. In a 3 or 4-quart pan combi apples with the water; cover and simm over medium-low heat until tender. U cover and cook briefly, stirring occasio ally, until excess liquid has evaporate

Turn apples into a blender and whi until almost smooth; then return to p and add the granulated sugar blend with gelatin. Boil gently, uncovered; sti ring, for 15 to 18 minutes or until y can see pan bottom a full second wh spoon is drawn across.

Remove apple mixture from heat a stir in rose water (if used), lemon pe and juice, almond extract, and nu Pour into a well-buttered 8-inch-squa baking dish; cool, then cover and l stand at room temperature overnight.

The next day cut the candy into 1-in squares, remove pieces from pan with spatula, and place, slightly apart, racks to dry for 8 to 12 hours. Dust wi powdered sugar. Store, loosely covere at room temperature up to two week Makes 64 pieces.—*E. V., Tacoma.*

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er with your
rite fruit.

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Marshmallow Kabobs
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DARROW M. WATT

Light but satisfying *spring lunch: hearty pull-apart rolls filled with tomatoes, ham, and cheese are served with bean salad and a cool beverage*

APRIL MENUS

Pinwheel lunch (it's easy) from Italy, breakfast pie breakfast, Mexican chicken supper with wheat tortillas

If spring fever makes you eager to t advantage of warming weather, the f of our menus for April offers a meal can enjoy outdoors. For a patio lun eon, we suggest savory pinwheel r filled with ham and cheese, accompan by a bean salad. Or pack up the sa menu and take it to your favorite pic spot to share with the family.

Our other meal ideas will enhance ferent springtime situations. For ex ple, a Sunday brunch for guests or r tives becomes even more special wit ricotta cheese pie. It tastes a little cheesecake, but is more nutritio richer in protein, and less caloric. might also serve it for dessert so other time.

And if you're on a busy schedule, like to entertain with impromptu dinn for friends, consider the last menu. T chicken casserole can be quickly p pared and put into the oven to b while you assemble the rest of the m It's easy enough to put together alm any day with ingredients you may h on hand.

Italian pinwheel lunch

Big pinwheels, filled with a tomato, h and cheese mixture, make an unus bread to serve for a fair-weather out or luncheon. They're relatively easy make because you use purchased fro bread dough as a base for a dozen dividual rolls.

Savory Italian Pinwheels
Bean Salad Pickles and Relishes (optio
Fresh Fruit Cookies
Iced Tea, Wine, or Fruit Juice

You can make the rolls shortly bef serving, prepare them ahead and rel before serving, or simply offer then room temperature—they're good three ways. Accompany them with y favorite homemade or purchased b salad, and fresh fruit and cookies dessert.

Savory Italian Pinwheels

In a wide frying pan, heat 2 tablespo olive or salad oil over medium h Add 1 small onion, finely choppe small green pepper, finely chopped; 1 clove garlic, minced or pressed; c until limp. Into pan drain juice fro can (1 lb.) Italian-style tomatoes, t chop tomatoes and add to pan al with ¾ teaspoon *each* dry basil oregano leaves.

Cook, uncovered, stirring freque until all liquid evaporates. Stir in 1 ta spoon prepared mustard and 1½ *each* finely chopped cooked ham shredded jack cheese. Salt and peppe taste. Let cool thoroughly.

Knead together 2 loaves (1 lb. e thawed frozen bread dough, then dough into a 9 by 15-inch rectangle

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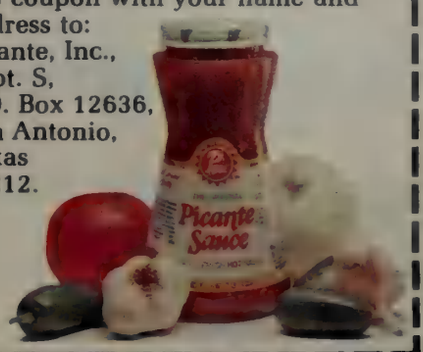

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a floured board. Spread cooled filling to within ½ inch of edges.

Beginning at a wide edge, roll dough up, jelly-roll fashion, and pinch edges to seal. With a floured knife, cut roll with a gentle sawing motion into 12 equal slices.

Arrange slices, cut side down, in a greased 9 by 12-inch baking pan. Cover and let rise in a warm place until almost doubled in size, about 45 minutes. Brush tops with about 1 tablespoon melted butter and sprinkle with about 3 tablespoons grated Parmesan cheese.

Bake, uncovered, in a 400° oven until well browned, about 50 minutes. Cool in pan about 10 minutes, then invert onto a wire rack. Serve warm, cooled, or reheated. To reheat, loosely cover rolls and place in a 350° oven for 10 minutes; uncover and continue baking until warm, about 10 minutes. Makes 12 rolls.—*T. H., Long Beach, Calif.*

Cheese pie brunch

Pie for breakfast seems an unlikely choice. But this pie is high in protein and not too sweet. Low-fat ricotta cheese and beaten eggs make up the creamy filling; crescent-shaped dinner rolls fit together for a quick crust. Served with fresh fruit and sausages, it becomes a delightful spring brunch.

Breakfast Cheese Pie
Sliced Sweetened Strawberries and Oranges
Sausages
Café au Lait, Hot Chocolate, or Spiced Tea

It takes only a few minutes to assemble and bake this pie in time for brunch. But if you like, you can bake it the night before, let cool and chill, then let it warm to room temperature in the morning. Before serving, prepare the fruit and brown the sausages. You'll need about 1 basket of strawberries and 4 oranges for 8 servings. Slice the fruit and lightly sweeten to taste.

Breakfast Cheese Pie

- 1 can (8 oz.) refrigerated crescent dinner rolls
- 3 tablespoons butter or margarine
- ¼ cup sugar
- 2 eggs
- 2 cups (1 lb.) ricotta cheese
- 2 teaspoons grated orange peel
- ¼ teaspoon vanilla
- Streusel topping (recipe follows)

Separate crescent rolls into triang Place 2 pieces of dough in a 10-inch pan so that their bases meet in the ce and the pointed ends drape over op site edges. Place 2 more triangles at ri angles to the first pieces; the center their bases should meet the first pie at the seam and pointed ends sho drape over pan edges. The dough look like a four-pointed star.

Fit remaining triangles of dough al pan sides and bottom, letting poin tips drape over sides (see photogr below). Press edges together to seal.

Beat together butter, sugar, and e until blended. Stir in ricotta che orange peel, and vanilla; mix u blended. Pour into dough-lined pan.

Squeeze premixed streusel topping gether with hands to form chunky n gets; crumble over top of pie filling. F pointed tips of dough over filling. B in a 350° oven until filling jiggles o slightly in center when gently shak 35 to 40 minutes. Let cool on a w rack. If made ahead, cool thorougl cover, and chill. Serve at room tempe ture. Makes 8 servings.—*L. C., P Alto, Calif.*

Streusel topping. With a wooden spo stir together ½ cup all-purpose fl (unsifted), ¼ cup sugar, ¼ teasp ground cinnamon, and ¼ cup butte margarine (at room temperature) u blended and coarse crumbs form.

Mexican chicken supper

A mildly spicy sauce gives the che topped baked chicken a south-of-t

Arrange *four dough triangles in a star, then fit remaining pieces around pan to form crust for cheese pie*

Fill crust *with cheese mixture, top with streusel, then fold pointed ends of dough triangles over filling*

DARROW M. W

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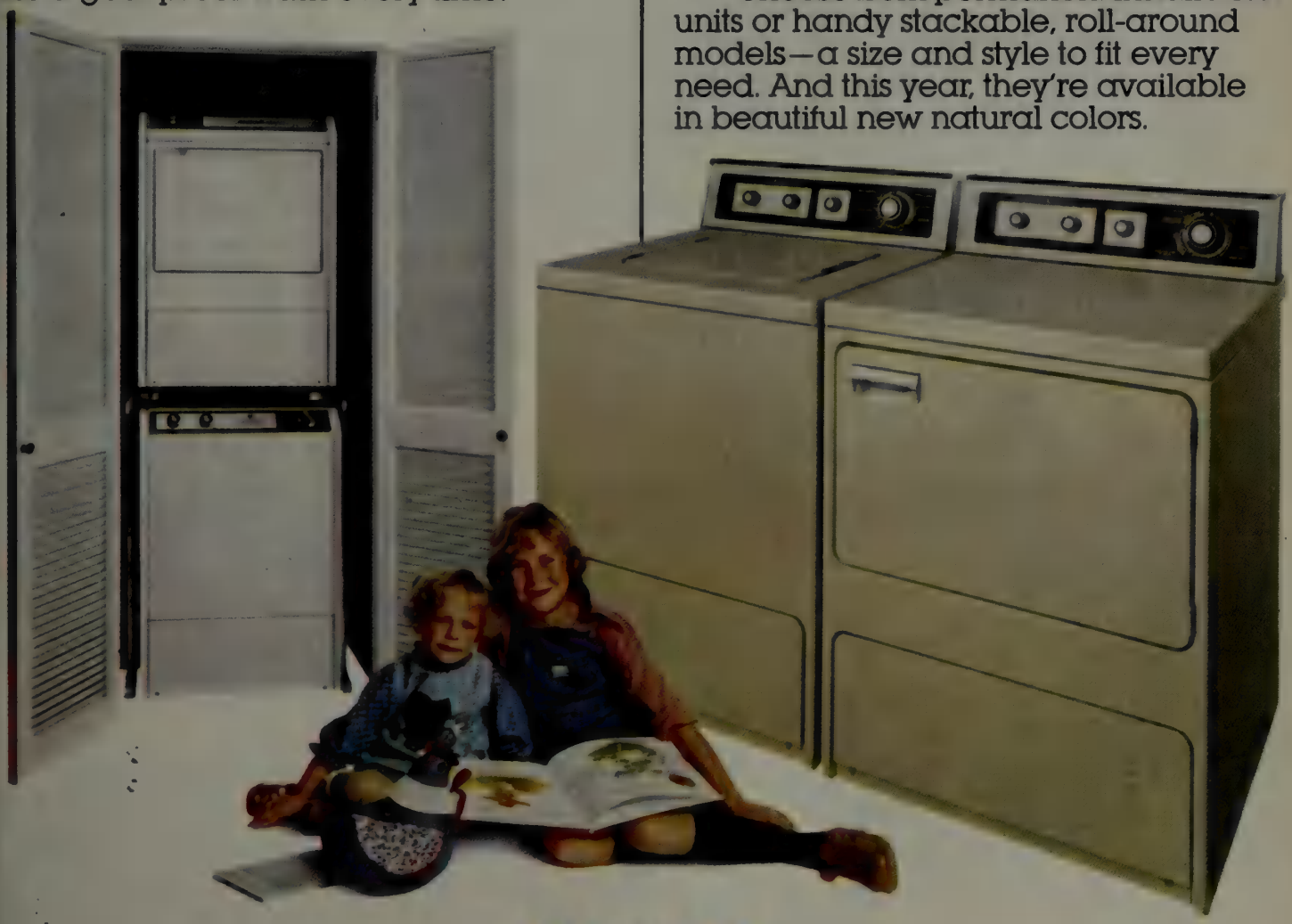

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STORE COUPON 1076C

border flavor. It can be prepared in a vance, then reheated before serving.

Green Salad
Mexican Baked Chicken
Warm Flour Tortillas Butter
Sour Cream - topped Pineapple

While the chicken bakes, make your vorite green salad and the pineapple d sert. About 15 minutes before casser is done, slip foil-wrapped tortillas i the oven to heat alongside. Both chick and tortillas should be ready at ab the same time.

Mexican Baked Chicken

- 1 broiler-fryer chicken (about 3 lbs.), cut in serving-size pieces
- About ⅓ cup all-purpose flour
- 2 or 3 tablespoons salad oil
- 1 can (15 oz.) tomato sauce
- ½ cup water
- 2 crushed chicken bouillon cubes
- 1 can (4 oz.) diced California green chiles, drained
- 1 can (4¼ oz.) chopped ripe olives, drained
- 2 tablespoons wine vinegar
- ¾ teaspoon *each* ground cumin and garlic salt
- 2 tablespoons instant minced onion
- 2 cups shredded Cheddar cheese

Dredge chicken pieces in flour to co shake off excess. In wide frying p cook chicken in oil over medium-h heat until browned on all sides. As pie are browned, place them in a shall 3-quart baking dish or casserole.

Pour off excess oil from frying pan a wipe clean. Add the tomato sauce, wat crushed bouillon cubes, chiles, oliv vinegar, cumin, garlic salt, and onion pan. Bring to boil, then lower heat a simmer, uncovered, for about 3 minut or until sauce thickens slightly. P sauce over chicken. (If made ahe cool, cover, and chill.)

Bake, covered, in a 350° oven u chicken is tender and no longer p when slashed near the bone, about hour (allow about 1 hour and 20 m utes if chilled). Remove cover, skim and discard fat, and sprinkle chic with cheese. Return to oven and ba uncovered, until cheese melts, about minutes. Makes 4 servings.—*S. P., linas, Calif.*

Sour Cream - topped Pineapple

Remove peel and core from 1 large pi apple (about 4½ lbs.); cut fruit i bite-sized chunks and place in a serv bowl. For another way to serve it, pineapple lengthwise through cro then use a grapefruit knife to cut fruit in each half, ½ inch from the sh Lift out fruit, remove core, cut fruit bite-sized pieces and return to shells.

Mix together ⅔ cup sour cream an tablespoon brown sugar; spoon o pineapple. Just before serving, sprin fruit with ⅓ cup *each* chopped, salt roasted peanuts and shredded cocon Makes 4 servings.

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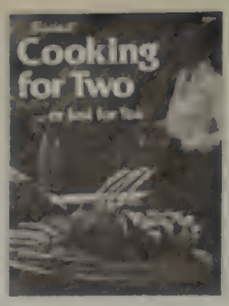


New book's *speedy entrées range from everyday to elegant, light to sturdy. A number of recipes are tailored to serve one person*

NEW COOK BOOK FOR COUPLES, SINGLES

Country omelet for two

NICHOLAS ZURICH

Show-stopper omelet, *with crisp and creamy toppings, is the main dish in a special brunch for two. Serve it in wedges*

When you cook for just two, an op faced omelet offers a satisfying cho for brunch or supper without leftov Here's one that not only looks app ing, but is loaded with a variety of nu tious toppings with contrast in fla and textures.

Country omelet is just one of the m entrées cut down to size for you your companion in *Sunset's* new b *Cooking for Two . . . or Just for* (Lane Publishing Co., Menlo P Calif. 94025; $2.95).

For a spur-of-the-moment meal, al with the omelet offer crusty bread toasted English muffin halves and fr fruit in season.

Country Omelet for Two

- 2 slices bacon
- About 8 walnut halves
- ¼ cup finely diced new potato
- ¼ cup diced onion
- 2 tablespoons butter or margarine
- 3 or 4 eggs, slightly beaten
- ¼ cup finely diced Swiss cheese
- 2 tablespoons shredded Swiss cheese
- 1 tablespoon minced parsley
- About ¼ cup sour cream
- Salt

In a wide frying pan, cook bacon medium heat until crisp; lift out, br into pieces, and set aside. To drippi add nuts and cook, stirring, 1 to 2 m utes or until lightly browned; set aside. Discard all but 2 tablespoon the drippings. Add potato and onion cook, stirring, over medium-low until potatoes are soft to bite but slightly browned, about 10 minutes: move from pan and keep warm.

Clean frying pan to remove browned particles, then melt butter medium-low heat. Pour in eggs, lif them from bottom as they set, allo uncooked portion to flow underne When top of omelet is almost set, sp kle evenly with potato mixture, d cheese, bacon, shredded cheese, parsley. Mound sour cream in cente omelet. Garnish with walnuts. Cut wedges to serve. Salt to taste. Mak servings.

Most microwave ads say too much and explain too little.

etty pictures, delicious looking erious sounding features... little confusing. The problem e tremendous rate of change icrowave technology. Some ds advertise in glowing terms it features that are outdated. leader in microwave technol- Magic Chef feels that our ads ld do a little explaining.

MICROWAVE OVENS DO MORE THAN MAKE FOOD HOT IN A HURRY

Most people think of microwave as t way to cook. When the first micro- ve ovens came out, that's really all they did. They had a very simple heat control, on or off. Now "Solid-State" adjustable or vari- able heat controls vary the pulses of microwave energy for more delicate ing. "Solid-State" refers to the most ble electronic control method. An stable heat control has specific pre- eat settings; a variable heat control e set to any heat level. Which is r? Depends on your style of cook- That's why Magic Chef offers ovens both types of controls.

E DELICATE MATTER OF TIMING

The second basic control on a micro- e oven is the timer. If you're going se the oven principally as a mer-upper, a fifteen minute r is sufficient. Better cook- requires more time, and a longer timer is advisable. ic Chef offers ovens with 35, and 99 minute timers. ven have a model capable of ly five hours of automatic cooking.

A STIRRER IS NOT A SPOON

Microwaves set off a vibration in ture molecules that creates heat. this ability to create heat through nal vibration that allows you to with microwave.

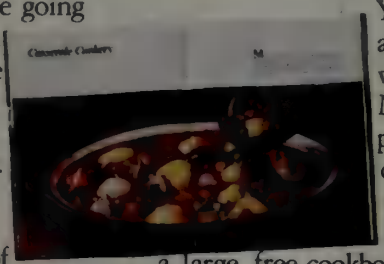
A stirrer is a device that distributes owave energy evenly throughout the inside of the oven. The Magic Chef stirrer system provides even energy distribution, eliminating the problem of "hot" and "cool" spots and uneven cooking.

THE BROWNING OF AMERICA

With the exception of "fast" the word most often heard in connection with microwave ovens is "browning." Browning has no effect on the quality of food. But, to some, the food doesn't look as appetizing. Magic Chef offers attractive browning dishes as an option, but actually microwave ovens are capable of browning food through the normal cooking process.

Special "browning" elements that reduce the efficiency of the oven are not really needed. Meats and poultry will brown normally in a microwave oven.

THE UNLIMITED MENU



You can cook almost anything on a microwave oven. The latest Magic Chef ovens can perform 95% of the cooking functions of conventional ranges. Magic Chef provides a large, free cookbook with over 600 recipes and ideas with every oven. Hundreds of dishes from snacks to gourmet meals are included. And every recipe has been tested in the Magic Chef kitchens to make sure it works.

WHAT'S IN A MEMORY?

The latest development in microwave technology is the built-in memory that allows the oven to follow a series of cooking instructions automatically. Several brands offer a limited version of this, but Magic Chef has a memory oven that can remember three things with one setting. For example, you can program the oven to defrost, cook, and keep food warm until mealtime... leave the house for nearly five hours... and come back to a perfectly cooked meal. The controls are as easy to use as a push button phone. And it has an Automatic Thermometer to cook meats and casseroles to the exact temperature you want.

A LITTLE PLAIN COMMON SENSE

Whichever oven you buy, look for one that's rugged and easy to clean. The oven should have a one piece door frame with a full-length hinge. Look for a sealed-in smooth cookshelf instead of glass trays that can drop and break.

A quality oven will carry a warranty on the power train, and the manufacturer will offer nationwide service. Magic Chef, of course, has both.

GET THE BOOK

Before you buy any microwave oven, take Jack and Barbara Nicklaus' advice and send for Magic Chef's free booklet, "Ten Tough Questions to Ask a Microwave Salesman." It helps you find the oven exactly right for you by giving you the questions to ask, and the answers you should expect. With the booklet you can find and compare the real differences in microwave ovens.

Magic Chef®
Cleveland, TN 37311
The difference will surprise you.

DARROW M. WATT

Cheese-topped *sausage and spinach crêpes make a flavorful brunch entrée*

All three of these delicious brunches you make yesterday

Making it ahead — that's the key to breezing through a company brunch. And these three brunch entrées easily fill the bill.

You can assemble them a day ahead, and then, an hour or so before you plan to serve, simply slip the casserole into the oven to bake. Two of the recipes you can cook in a microwave oven in about half the time it takes to bake them. Just remember to check the baking dish first in the microwave oven to be sure it fits.

Crêpes, a brunch favorite, are the first entrée. Stuffed with a savory spinach, sausage, and egg mixture, these crêpes are reminiscent of the ever-popular dish, "Joe's Special."

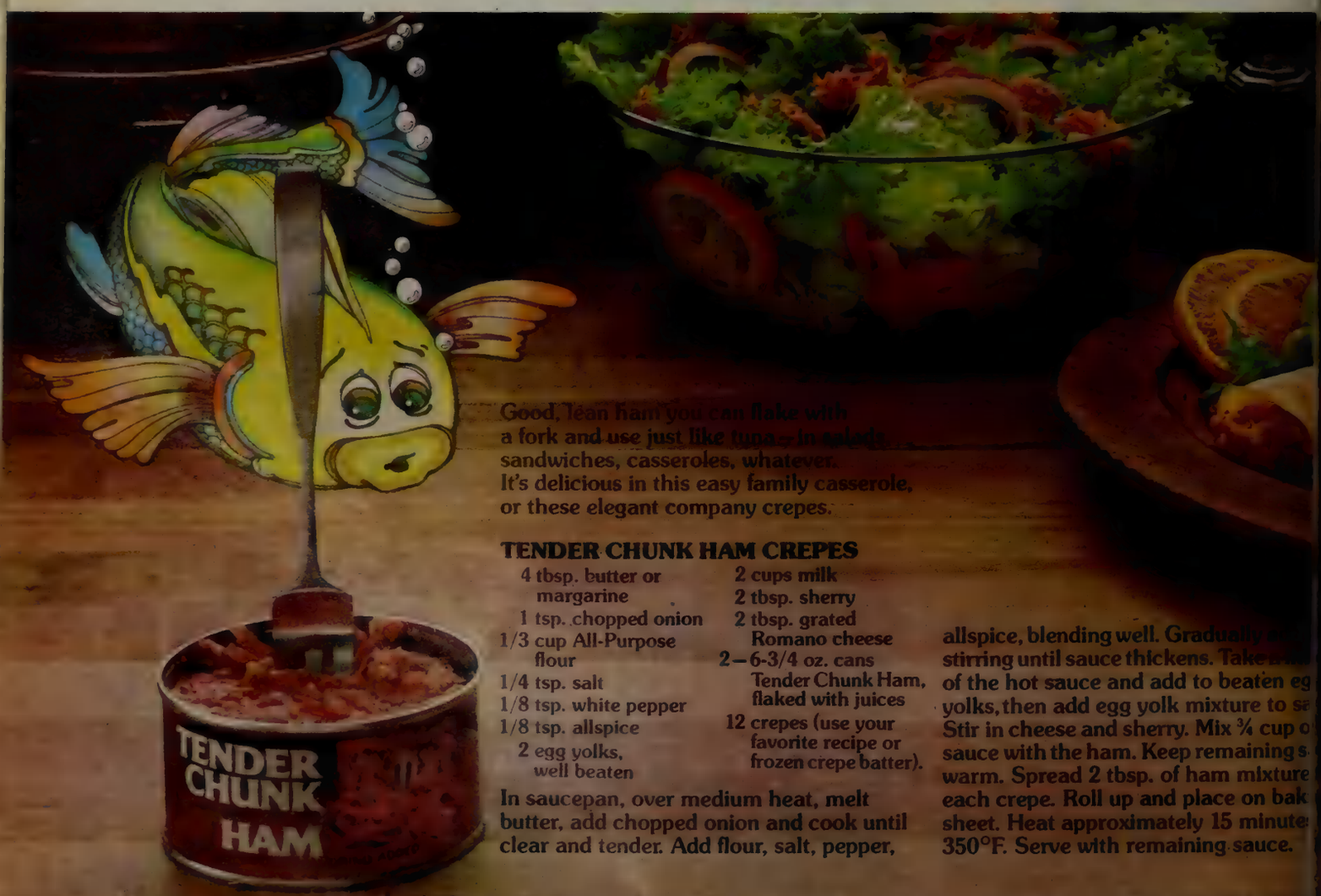
The second recipe offers a spicy twist to the classic cheese strata by adding sausage and green chiles.

And scrambled eggs stay moist and fluffy in the third entrée because they're layered with cheese and a creamy mu room sauce.

Sausage and Spinach Brunch Crêpes

- 12 to 16 crêpes, 6 to 7 inches wide*
- 1 pound lean bulk pork sausage
- 1 medium-sized onion, chopped
- 1 clove garlic, minced or pressed
- ¼ pound mushrooms, sliced
- ¼ teaspoon *each* ground nutmeg, pepper, and oregano leaves
- ½ teaspoon salt
- 1 package (10 oz.) frozen chopped spinach, thawed and well drained
- 5 eggs, slightly beaten
- ⅓ cup grated Parmesan cheese
- 1½ cups (about ⅜ lb.) shredded Cheddar cheese

Prepare crêpes using a mix or y favorite recipe. In a frying pan, br the sausage over medium-high h Add the onion, garlic, and mushro and cook, stirring, until onion is s Reduce heat and stir in nutmeg, pep oregano, salt, and spinach; cook u hot, about 5 minutes. Add eggs and



Good, lean ham you can flake with a fork and use just like tuna — in salads, sandwiches, casseroles, whatever. It's delicious in this easy family casserole, or these elegant company crepes.

TENDER CHUNK HAM CREPES

- 4 tbsp. butter or margarine
- 1 tsp. chopped onion
- 1/3 cup All-Purpose flour
- 1/4 tsp. salt
- 1/8 tsp. white pepper
- 1/8 tsp. allspice
- 2 egg yolks, well beaten
- 2 cups milk
- 2 tbsp. sherry
- 2 tbsp. grated Romano cheese
- 2 – 6-3/4 oz. cans Tender Chunk Ham, flaked with juices
- 12 crepes (use your favorite recipe or frozen crepe batter).

In saucepan, over medium heat, melt butter, add chopped onion and cook until clear and tender. Add flour, salt, pepper, allspice, blending well. Gradually stirring until sauce thickens. Take of the hot sauce and add to beaten eg yolks, then add egg yolk mixture to s Stir in cheese and sherry. Mix ¾ cup o sauce with the ham. Keep remaining s warm. Spread 2 tbsp. of ham mixture each crepe. Roll up and place on bak sheet. Heat approximately 15 minute 350°F. Serve with remaining sauce.

TENDER CHUNK™ HAM. IT DOES EVERYTHI

tly until they begin to set. Remove n heat and sprinkle with Parmesan ese.

on about ¼ cup of the mixture n the center of each crêpe and roll. ange crêpes, seam side down, in a llow baking dish (about 9 by 13 nes or 3 qts.). Cover tightly and re-erate if made ahead.

ore serving, place crêpes, covered n foil, in a 350° oven and bake until through, about 20 minutes (about minutes if chilled). Remove cover, nkle with the shredded cheese, and e about 5 minutes longer, or until ese is melted.

in a microwave oven, cook, covered n clear plastic wrap, for 5 to 7 min-s on half power, turning dish once to 16 minutes if chilled). Remove er and sprinkle with cheese; cook 3 5 minutes on full power until cheese ts. Makes 6 to 8 servings.—*H. E., nlo Park, Calif.*

sage and Green Chile Strata

ed about ¾ pound sharp Cheddar ese to make 3 cups; set aside. In a e frying pan, brown 1 pound lean k pork sausage over medium-high t; drain excess fat and set meat aside.

htly butter one side of 5 slices firm te bread and cut into ½-inch cubes. Sprinkle half the bread cubes evenly in the bottom of a buttered baking dish (about 7 by 11-inch). Sprinkle with half the shredded cheese and half a can (4 oz. size) California green chiles, chopped; cover with the sausage. Then top with the remaining bread cubes, cheese, and chiles.

Beat together 4 eggs, 2 cups milk, ¾ teaspoon *each* salt and chile powder, and ¼ teaspoon pepper; pour evenly over bread. Cover tightly and chill overnight or at least 8 hours.

Place baking dish, uncovered, in a 350° oven; bake for about 1 hour or until golden brown and set in the center. Let stand for 10 to 15 minutes before serving. Makes 6 to 8 servings.

Scrambled Ahead Eggs

- 1 can (10½ oz.) condensed cream of mushroom soup (undiluted)
- ¼ cup dry sherry
- 1½ cups (about ⅜ lb.) shredded jack cheese
- 1½ cups (about ⅜ lb.) shredded sharp Cheddar cheese
- 18 eggs, slightly beaten
- 2 tablespoons milk
- 1 teaspoon parsley flakes
- ½ teaspoon dill weed
- ⅛ teaspoon pepper
- ¼ cup (⅛ lb.) butter or margarine
- ¼ pound mushrooms, sliced
- ¼ cup chopped green onion
- Paprika

Stir soup over medium heat until hot and smooth. Remove from heat and stir in sherry; set aside. Toss cheeses lightly in a small bowl to blend; set aside. Beat together the eggs, milk, parsley, dill weed, and pepper; set aside.

In a large frying pan, melt butter over medium heat. Add mushrooms and green onion and cook, stirring, until onions are limp. Add egg mixture and stir gently just until set but still moist. Spoon half the egg mixture into a baking dish (about 7 by 11-inch). Spoon half the soup mixture over top, then sprinkle evenly with half the cheeses. Repeat to form a second layer. Sprinkle top with paprika. If made ahead, cover and refrigerate as long as overnight.

Place, uncovered, in a 300° oven; bake until hot and bubbly, about 35 minutes (about 1 hour if chilled).

To cook in a microwave oven, cover with plastic wrap and cook 8 to 10 minutes at half power, turning dish once (if chilled, cook about 15 minutes at half power). Remove dish and check center; if not thoroughly hot, cook 2 to 3 minutes longer at half power. Uncover and cook 5 to 7 minutes on full power, turning once, until mixture simmers. Let stand about 10 minutes before serving. Makes 6 to 8 servings.—*C. A., Long Beach, Calif.* □

3/4 oz. cans
nder Chunk Ham,
ked with juices
z. pkg. egg noodles,
ooked and drained

1 – 10 oz. pkg. frozen peas and carrots
1 – 4-1/2 oz. jar sliced mushrooms with liquid
1 – 10-3/4 oz. can cream of mushroom soup
1/2 cup chive-onion sour cream
1/3 cup milk
1/2 tsp. herb seasoning
1/2 tsp. salt
1/4 tsp. white pepper
1/4 cup fine dry bread crumbs
1 tbsp. melted butter or margarine

Preheat oven to 350°F. Mix together all ingredients except bread crumbs and butter. Pour noodle-ham mixture into oiled 2-quart casserole. Combine bread crumbs and butter. Sprinkle over top. Bake, uncovered, 25-30 minutes. Serves 6-8.

NA DOES EXCEPT SWIM.

Hormel

Unfold top pastry *over filling, matching edges of bottom pastry. Once the rectangle is cut in half, crimp all sides to make a standup edging*

DARROW M.

Serve *this easy-to-make sugar-dusted strudel in thick slices*

Pastry logs with tasty insides

Filled with bits of apples, raisins, toasted almonds, these golden pa logs are a simplified version of fashioned apple strudel.

To shape them, you simply roll flaky pastry into two rectangles; top one two strips of apple filling and lay other rectangle of dough on top. T cut the pastry in half to make two

Each log makes about five serving you might freeze one to serve later.

Apple Strudel Pastries

- ½ cup *each* slivered almonds and raisins
- 4½ cups chopped peeled apples
- ⅔ cup sugar
- 1 tablespoon quick-cooking tapioca
- 1 teaspoon *each* ground cinnamon and grated lemon peel
- 2 cups all-purpose flour, unsifted
- ¾ teaspoon salt
- ⅔ cup solid vegetable shortening
- 2 egg yolks
- 1 teaspoon lemon juice
- ⅓ cup cold water
- 4 tablespoons melted butter or margarine
- Powdered sugar

Toast the almonds in a 350° oven golden or about 8 minutes; cool.

Stir together the raisins, apples, s tapioca, cinnamon, and peel; reserv

In another bowl, stir together the and salt. Using a pastry blender, c the shortening until mixture rese coarse cornmeal. Beat together th yolks, lemon juice, and water; sti flour mixture with a fork until ble Gather dough into a ball; divide in

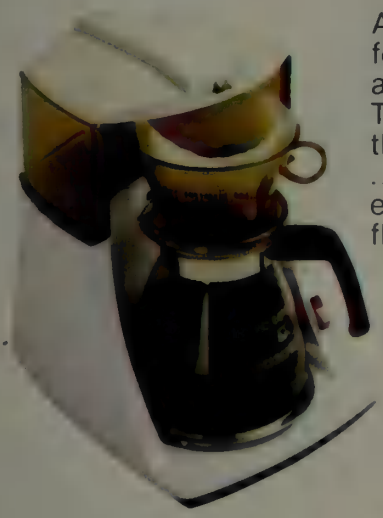
On a lightly floured board, roll one tion into a 12 by 15-inch rectangle remaining dough on a lightly gr cooky sheet to a 10 by 15-inch tangle. Stir the almonds into the filling. Place filling in two strips dough on cooky sheet as shown a Drizzle 1 tablespoon melted butte each strip of filling. Fold rem pastry in thirds; unfold atop fillin

Cut rectangle in half lengthwise. edges of both halves. Brush each with 1 tablespoon melted butter; three small slashes in each top. B a 425° oven for 15 minutes. R heat to 350°; bake until pastry i browned, about 30 minutes.

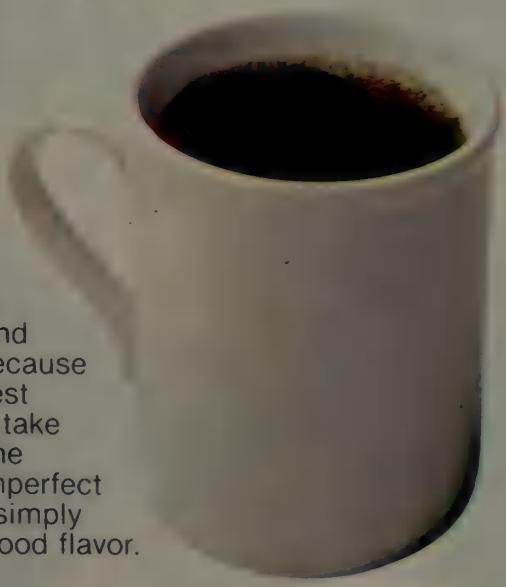
Dust with sugar and serve war cool completely on rack, cover freeze. Reheat defrosted pastrie covered, in a 350° oven for 15 m Serves 10.—*L. S., Los Alamitos, C*

Why a coffee you never heard of tastes so great.

The Melitta Filter Drip Grind is an extra fine grind. Most coffees (check yours) are coarsely ground.



Automatic drip coffeemakers *require* an extra fine grind. The water goes through only once ...one chance to extract full coffee flavor.



But why don't other coffees grind so fine? Because only the best beans can take it. If you fine grind an imperfect bean, you simply can't get good flavor.

Introducting Melitta. Our secret is our *extra* fine grind and our *extra* special beans. Melitta coffee particles are *so* tiny, brewing brings out *all* the flavor that was in the bean to begin with. That's why our beans are the very best—handpicked at the ripe moment, double washed and carefully blended. It's this superior bean plus our extra fine grind that guarantee great taste...every time.

Try Melitta Coffee next time you brew. You can *see* the difference in the can, you can *taste* the difference in the cup, and you can save 25¢ with the coupon.

Melitta

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Melitta, Inc

25¢ Store Coupon 106

No Shelling, Slicing, Dicing, THE READY-TO-GO NUT

The Almond People® invite you to try these seven almond forms. Each distinctly different. Each ready to use from the package.

Whole Natural

Shelled almonds still wearing their brown skins and unroasted.

Toss them in main dishes like stir-fry Almond Beef Hawaiian, made with pineapple chunks, beef, almonds, vegetables.

Whole Blanched

Shelled almonds with their brown skins removed.

Crisp and crunchy in Almond Chicken Salad made with sliced radish, green onion and minced parsley. Toss with favorite dressing and fill avocado halves.

Sliced Natural

Brown-skinned almonds which have been thinly-sliced.

Dip chicken in seasoned flour, then egg, then almonds. Drizzle with melted butter. Bake tightly-covered in moderate oven 30-45 min. Uncover; bake 10-15 min. longer.

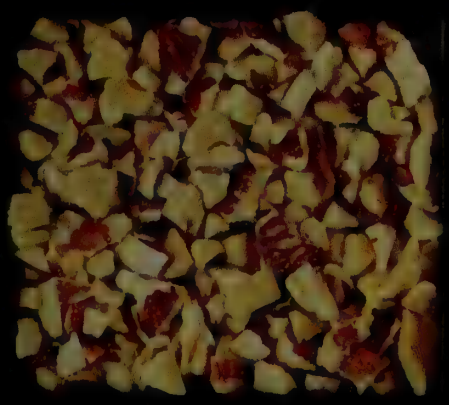
Blanched Slivered

Almonds cut in half then sliced lengthwise in "slivers."

Mix with brown sugar, butter, orange rind, salt. Simmer carrots in this almond sauce the last five minutes of cooking time.

Chopping, When You Use BLUE DIAMOND ALMONDS

A helping handful of almonds adds crisp texture, wonderful flavor and eye appeal. Try one of these easy almond ideas today.



Roasted Salted Diced

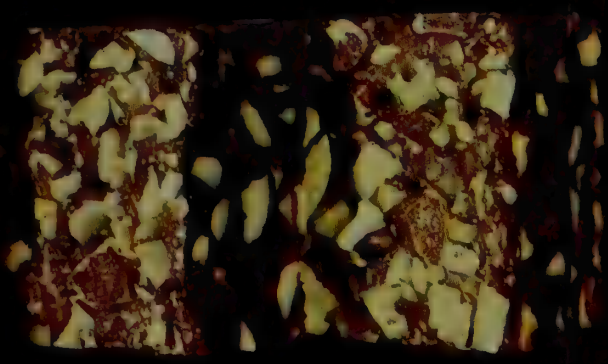
Finely-chopped natural almonds which have been lightly-roasted, salted.

Wonderful sprinkled by the handful over chocolate sundaes, any flavor of ice cream, or almost any dessert.

Chopped

Natural almonds in chunky pieces.

Add a cupful to your favorite brownie recipe, reserving some to sprinkle on top before baking.



Paste

A paste made from ground blanched almonds and sugar.

Elegant filling in many different kinds of desserts. Stuff into apples, top with brown sugar, ground ginger, or cinnamon, and butter; bake.

Treasury of the World's Best Almond Recipes

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Top trout, no doubt! with Gulf Lite

WINE-SAUCED TROUT

1 15-oz. can tomato sauce
½ cup dry red wine
½ cup butter or margarine
[illegible] tbsp. lemon juice
[illegible] tbsp. chopped green onion with tops
1 tsp. sugar
1 tsp. dried salad herbs
[illegible] tsp. [illegible]
Few drops bottled hot pepper [illegible]
6 whole pan-dressed lake or brook trout or perch (about [illegible] oz. ea.)

[illegible] small saucepan combine tomato sauce, wine, butter, lemon juice, green onion, sugar, salad herbs, salt, and hot pepper sauce. Simmer, uncovered, 10 [illegible] 15 minutes. Grill fish [illegible] *hot* coals 10 to 12 minutes. Turn fish and grill till done, 10 to 12 minutes more. Brush fish with sauce during last few minutes of grilling. Pass the warm sauce. Makes 6 servings.

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W. D. A. STE

Scoop *saucy olive and raisin-studded cheese appetizer onto tortilla wedges*

Saucy cheese for tortilla scooping

Cooks in Mérida on Mexico's Yucatan peninsula go to a little trouble to make a pork and melted cheese appetizer called *queso relleno* (*kay*-so ray-*yen*-oh) or "stuffed cheese." They hollow out a ball of imported Edam or Gouda cheese, fill it with a meat and egg mixture, bake the cheese until soft, then smother it with a cinnamon-seasoned tomato sauce.

We've found the dish easier to prepare and just as tasty if a chunk of quick-melting domestic cheese is substituted for the more expensive cheese balls. You can prepare the appetizer ahead, then assemble on a heatproof platter and heat briefly in the oven before serving.

Stuffed Cheese Appetizer
(Queso Relleno)

2 tablespoons salad oil
1 medium-sized onion, chopped
4 cloves garlic, minced or pressed
½ teaspoon *each* ground cinnamon and salt
¼ teaspoon *each* ground allspice and cloves
⅛ teaspoon *each* ground cumin and cayenne
2 cans (14½ oz. *each*) Italian-style tomatoes
1 can (7 oz.) whole California green chiles, chopped
2 teaspoons *each* sugar and wine vinegar
¼ cup raisins
1 pound lean ground pork
1½ cups regular-strength beef broth
½ cup sliced pimiento-stuffed olives
1 tablespoon cornstarch mixed with 1 tablespoon water
1¼ to 1½ pounds Jack or teleme cheese
2 hard-cooked eggs, chopped
Fried tortillas (directions follow) or 5 to 8 oz. purchased tortilla chips

Heat oil in a 3-quart pan over medium-high heat; add onion and garlic and cook, stirring, until onion is limp. in cinnamon, salt, allspice, clo cumin, cayenne, tomatoes and their uid (break up tomatoes with a spo chiles, sugar, vinegar, and raisins.

Cook, stirring frequently, until most uid evaporates and a very thick tor paste forms, about 15 minutes. Crum meat into a frying pan set over med heat and cook, stirring, until brow drain excess fat. Stir in half the tor mixture; remove from heat. Cover chill if made ahead.

To the remaining tomato mixture the broth, olives, and cornstarch ture. Cook, stirring, over high heat mixture boils and thickens. Cover refrigerate if made ahead.

To assemble, reheat meat and sauce tures separately to boiling; keep w Cut cheese into ½-inch-thick s place half the slices in the center large (about 10 by 15-inch) heatp serving platter. Spread meat mi over cheese; sprinkle with eggs.

Place remaining cheese on top; bake covered, in a 400° oven for abo minutes. Or cook in a microwave at full power for 1½ to 2 minut until cheese melts. Pour hot sauce c center. Surround with fried tort Serves 10 to 12 for appetizers.

Fried tortillas. Cut 1 dozen corn tillas into quarters. Heat about 2 in of salad oil in a small deep pan to on a deep-fat frying thermometer. several tortilla pieces at a time and until crisp and light brown; lift out slotted spoon and drain on paper to salt if desired.

SU

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ton Micromatic® double-oven ave range, now with Vari-Cook ontrol, makes it easier to bring best in microwave cooked Simply change cooking speeds change foods: High, reheat, immer, warm, defrost or any n between. Set different speeds erent foods to bring out old- ed slow-cooked goodness, but and energy-saving microwave

four ways.
timate cooking center gives you best ways to cook. Cook with ave speed in the upper oven. Bake l in the lower conventional oven. something saucy on the smooth- r prepare one dish or a complete sing both ovens for a combination ventional browning and microwave speed.

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Bernstein's Dressings.
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STORE COUPON SS 140

Anna, damn . . . banana and dates

popular tale about the origin of ana-na bread concerns a disgruntled New gland fisherman and his unimagina-e wife, Anna. One evening, she pre-ted him with his usual dinner of nmeal mush and molasses. Disgusted, mixed the ingredients together to m a bread dough, and while it ced, he reputedly muttered, "Anna, nn her."

r recipe for anadama bread is sweet-d with banana and dates.

nana Anadama Date Bread

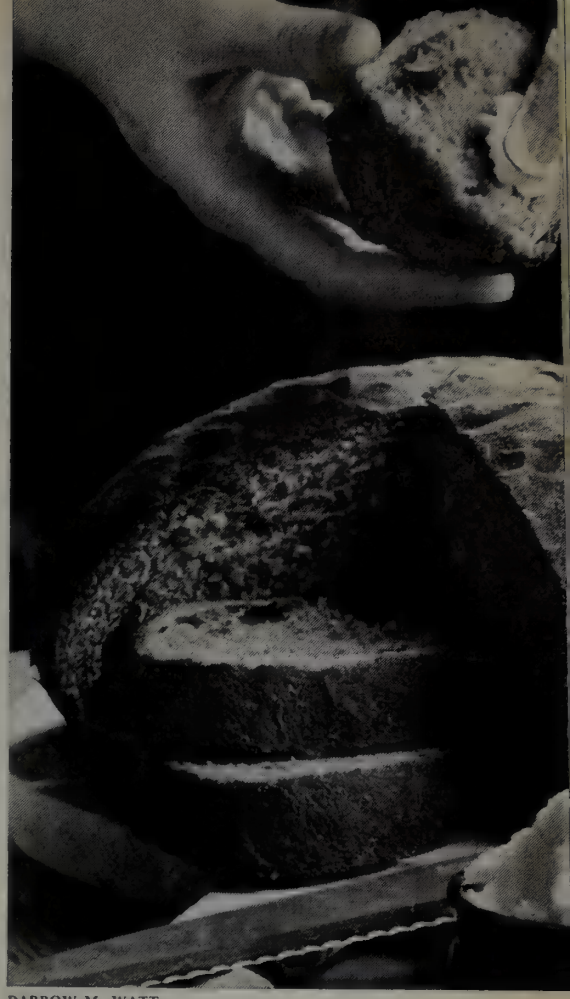
- 1½ cups whole wheat flour
- ¾ cup cornmeal
- ¾ teaspoon sal'
- ½ teaspoon soda
- 1 package active dry yeast
- 2½ tablespoons salad oil
- ⅓ cup light molasses
- 1 cup plus 2 tablespoons very warm water (120° to 130°)
- 2¾ to 3¾ cups all-purpose flour, unsifted
- ½ cup mashed ripe banana
- 1 cup diced pitted dates
- About 1 teaspoon cornmeal

a large bowl, mix together the whole eat flour, the ¾ cup cornmeal, salt, soda, and yeast. Stir in oil, molasses, and water; beat at medium speed for 2 minutes. Add ¼ cup of the all-purpose flour and beat at high speed for 2 minutes. With a heavy-duty mixer or spoon, stir in the banana and enough more all-purpose flour (about 2½ cups) to make a stiff dough.

Turn dough out onto a floured board and knead until smooth, adding flour as necessary to prevent sticking. Knead the dates into dough, a portion at a time. Turn dough over in a greased bowl to grease top. Cover and let rise in a warm place until doubled, about 1½ hours.

Grease a 9-inch pie pan and sprinkle with the 1 teaspoon cornmeal. Punch down dough, knead a few times, then shape it into a smooth ball. Place in the pan, cover with clear plastic wrap or a towel, and let rise in a warm place until almost doubled, about 45 minutes.

Bake in a 375° oven until browned, 35 to 40 minutes. Turn out of pan onto a wire rack to cool. Makes 1 large loaf. *—J. B., San Jose, Calif.* □



DARROW M. WATT

Rounded loaf *of anadama bread gets its shape from a pie pan, its pleasing crunch from cornmeal. Serve it warm with butter*

A button-by-button Norelco guide to buying the microwave oven that's right on the button.

PROBE

Probe. Using this button, you can cook by temperature. Simply insert the Temperature Probe into the food, tell the computer what temperature you want, and the oven will shut off automatically when it reaches that temperature.

DEFROST

Defrost. Tell the oven to automatically defrost before cooking and it will. This button will let you relax when unexpected guests arrive for dinner, and it can also be used as one of our four cooking cycles.

REHEAT

Reheat. A great idea! A cycle for those quick, everyday reheat jobs and a button that can also add up to 30 minutes of additional cooking time as one of our four cooking cycles.

COOK 1

Cook 1. The basic cooking cycle. Press it and you can cook food at whatever microwave power level you want, from 10% to 100%.

COOK 2

Cook 2. This is a second cooking cycle for use when food requires one level of microwave power to start with, and a second level of power the rest of the time. The 7500 automatically switches from Cook 1 to Cook 2.

DONE TIME

Done Time. Just tell the computer what time you want your food ready, before you leave home in the morning. The oven will then defrost, cook and stop automatically.

1–9

Selector. Here are the buttons you use to select whichever one of the ten variable power levels is required for your different cooking needs.

TIMER

Timer. This button controls an independent 30-minute kitchen timer which may be used anytime, even during the microwave cooking cycle.

CLOCK

Clock. This button sets the LED digital clock which also shows you the time of day, the cooking time or the temperature your meal is programmed for.

Plus an optional Cook Shelf that lets you cook different courses of a meal at the same time.

So if you're in the market for a microwave oven, take this guide with you. It'll help you prove that only Norelco has all the features that are right on the button for new and exciting cooking convenience.

The Norelco Dual Mode System 7500 Microwave Oven. It puts your finger on cooking features no other microwave can touch.

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Making your own Italian sausage

It's easy to adjust fat and salt levels to your own taste and eliminate preservatives when you make your own Italian sausage. Our version can be served alone or added to dishes such as pizza, lasagna, frittatas, and spaghetti sauce.

You start with an untrimmed pork butt or shoulder, usually about ⅓ fat to ⅔ lean—a proportion that makes flavorful juicy sausage with less fat than most commercial varieties. If you want very lean sausage, use ¼ fat to ¾ lean; any leaner and the mix will probably be dry and less flavorful. (If the meat cut you buy looks unusually lean, ask for ½ pound of extra pork fat.)

Bulk Italian Sausage

- 5 pounds boneless pork butt or shoulder (about ⅓ fat, ⅔ lean)
- 1 tablespoon *each* coriander seed and parsley flakes
- 2 tablespoons fennel seed
- 2 large cloves garlic, minced or pressed
- 3 to 4 teaspoons salt
- 1½ teaspoons coarse ground black pepper

First cut the pork into 1-inch cubes, separating the fat and lean. Then estimate the fat/lean proportion by measuring volume or weight of each, then adjust fat to the proportion you prefer. Coarsely grind lean and fat together in a food processor or chopper (using a coarse blade, put mixture through food chopper twice).

With a mortar and pestle or blender, grind coriander seed, parsley flakes, and fennel into medium-fine particles. Add to the ground pork with garlic, salt, and pepper; mix thoroughly.

Shape meat mixture into five 1-pound loaves or divide into 20 patties and stack with 2 sheets of waxed paper between each patty for easy separation. Wrap airtight and freeze up to 3 months. Sausage, like all ground meat, should not be kept in the refrigerator for more than 2 days; freeze to store longer.

To cook patties (thaw if frozen), place over medium heat in a frying pan lightly coated with butter or margarine (or broil on a rack 4 to 6 inches from heat); cook slowly until browned on both sides and no longer pink in the center when slashed.

To use in recipes, crumble thawed sausage into a frying pan lightly coated with butter or margarine; cook, stirring, until all pinkness is gone. Makes 5 pounds.—*C. B., Lakeside, Calif.* □

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"Embraceable You" in Rich Sonia, just one of seven styles and over 125 colors in the Lustre Gallery at a dealer listed opposite.

RIL IN YOUR GARDEN:

As you dive into spring planting, keep in mind some of the lasting lessons from the drought

weather is nice during many or April's five weekends, northern rnia's gardeners will probably set ecords for soil spaded and raked, purchased, plants planted. There d be enough water this year to once again the planting and grow- summer annuals and vegetables.

earned many lessons from the ht of 1975-1977. One was that droughts are part of nature's pat- nd more of them will probably hit ime in the future. We also began lize more than ever that water is a d resource. Therefore, when it to selecting permanent plants— s, trees, lawns—we should look ver possible for the kinds that need much water.

ng lessons the drought

last two summers, home garden- nd professional growers learned ttle water some plants really need. t, it looks as if we've been habit- overwatering. Many gardens can nfortably maintained with only 50 nt of the water we used to pour em.

o that the increasing cost of water, vater-wise gardening just makes sense. Here are some of the simple you can do to continue saving:

sure water goes only where it's d. Keep sprinklers from over- shooting onto pavement. Control weeds that compete with landscape plants for water. Mulch to hold moisture in—cover exposed soil between shrubs and trees. Remove poor, weak, old, or declining plants, especially those not adapted to your garden or the place they're growing in.

Open house at U.C.'s botanical garden

April and May are two of the most spectacular months of the year to visit the botanical garden at the University of California in Berkeley. The cactus and succulents of African Hill and the New World Desert areas are flowering. It's also blooming time for the big collection of rhododendrons, and in the California section annual wildflowers and many native shrubs are putting on their finest display.

This month you're invited to an open house at the garden on Sunday, April 9. See page 310 for details.

If you can't make it that day, the garden is open to the public from 9 to 5 every day of the week. There's no admission charge. Maps and information are available in the office or at the front entrance.

The garden is located on Centennial Drive, uphill from Memorial Stadium and the Strawberry Canyon Recreational Area. Group tours may be arranged by calling (415) 642-3352.

ble beds . . . greenhouse roof

ed vegetable gardening takes one more step forward in gement. The innovative element, the small greenhouse-like at the far left, is a portable cover that helped to rden off to an early start and protect plants from late e movable lid can be used on any of the beds.

ework is made of 2 by 2's, mitered for fit, and vith plastic sheeting. You could also use such a cover to protect s from too-hot summer sun or drying winds. If you use mer protection, cover it with whitewash or some light th and keep it propped open for ventilation—or e plastic with nursery shade cloth (no more than 30 percent bird netting to keep out not only some sun but pesky ell.

Sunset's GARDEN GUIDE

Annuals—how close to plant them?

Sometimes it's hard to figure how tall and wide those little petunias you plant are going to become—they look so small right now. Even experienced gardeners can misjudge and plant annuals too close together or too far apart.

Here's a list of some of the most popular bedding plants and their approximate spacing. Take it with you when you go to buy your plants—it'll help you figure out how many you'll need.

How far apart . . . in inches

Ageratum	10	Petunia, regular	12
Aster	12	Phlox	8
Impatiens	12	Snapdragons	10
Lobelia	8	Stock	10
Marigold, tall	15	Verbena, annual	8-10
Marigold, dwarf	8	Violas	8
Nemesia	6	Zinnia	10 - 12
Pansies	9		
Petunia, giant double	18		

This will serve as a general guide for planting in open beds. For container planting, set plants much closer together—about half this far apart.

A new kind of lettuce to try

Good cooks like to grow an assortment of loose-leaf lettuces like those in the color photograph opposite. Here's a new one to add to your summer salads.

'Royal Oak,' a new type of oak-leaf lettuce, has an attractive lush dark green color along with the attributes that make other oak-leaf types popular. It has tasty, attractively lobed leaves. It grows quickly—ready in 50 days from seed. And it has higher resistance to

Sunset's GARDEN GUIDE

heat than most other lettuce varieties. Order seeds from W. Atlee Burpee Co., Box 748, Riverside, Calif. 92502.

Impatiens update

It's hard to find fault with any of the impatiens you can buy at nurseries today. But of all the new improved strains (reviewed in the April 1976 *Sunset*), the Futura F_1 hybrids seem to be edging out the competition for first place among growers in northern California.

Why? Because they flower heavily in the shade. The flowers are big—about 2 inches wide—and come on early, sometimes when the plants are just 2 to 3 inches tall. And they will bloom from now until fall.

Another big plus is the range of colors. Unlike other forms—usually available just in one color or in mixed colors—the Futura series comes in separate shades of burgundy, coral, orange, orchid, pink, rose, scarlet, red, and white, as well as mixtures.

DAVID

Knee-deep color *for shade. Closely-planted Futura impatiens cover a 3 by 12-bed with bright flowers. White fibrous begonias line the walkway*

Use these impatiens in many different ways—for pots and hanging baskets, in low borders, or for filling a whole flower bed, as in the picture above. Spaced 12 to 18 inches apart, they'll form a pact, flowering mound 8 to 10 i tall. At close quarters (8-inch sp and with low light they may grow

APRIL CHECK LIST:

As you plunge into spring action, here are the jobs that need doing

☐ **Control slugs, snails, and aphids.** Continue to bait or handpick slugs and snails—especially among thick, leafy plants where they thrive.

Aphids proliferate with new spring growth of plants. Check for them near tips of roses, on new vegetables, and on other tender growth. A strong jet of water is an effective first step, and soapy water (4 teaspoons soap flakes per gallon of water) is the next. Treat persistent cases with a mild pyrethrum or rotenone spray; or on very aphid-prone non-edibles use a systemic insecticide.

☐ **Feed and mow lawns.** Fertilize lawns this month and begin frequent mowing. If you didn't do it earlier, renew lawns now too. Aerating and dethatching (see page 155 of the September 1977 *Sunset*) helps grass grov —water, air, and nutrients ca down to roots where they're n When you irrigate, water as and infrequently as possible courage roots to stay down where winter rains put them.

If portions of your lawn ne seeding, this is a good month it. Be sure that you've remov thatch, dead grass, and ro areas to be replanted; this e that seed sits firmly on miner not plant debris.

☐ **Fertilize.** April and M peak growing months most plants benefit from a f now—at or just before the push. Use an acid fertilizer o leas, rhododendrons, and can a regular complete fertiliz roses, citrus, and most other and trees.

as they have in the photograph. ens do well in semi-shade and soil, but they'll also take sun or ent watering.

icolor hybrids are also popular, ed in the same ways: 'Calypso,' a tar pattern on bright red flowers, g Zag, a mix of white and one of different colors.

for Lafayette (and other places)

or Lafayette, a recently published ack, is a useful reference for wners, city agencies, professional rs, or anyone else who lives and in the oak woodland and grass-eas of California's inland valleys ite Zone 14 in the *Sunset West-rden Book*.

r portion of the book's 64 pages es the selection of trees for spe-eas—rural, residential, and com- or downtown. Recommended e listed under 15 different cate- such as native trees for creek-anting, trees for major boule-small trees for residential streets, es for fall color.

s on the history, climate, and landscape of the area are well-ed with photographs and line gs. There's also a long chapter on anting and management tech- Special attention is given to the d preservation of old trees.

losed "Tree Guide" is a pocket ce to the designated landmark the area, as well as a self-study specimen trees to help residents ossible trees for their own use.

or Lafayette is written by Russell A. Beatty, a landscape architect and faculty member in the Department of Landscape Architecture at the University of California, Berkeley. It's published by the Northern California Chapter of the American Society of Landscape Architects. Copies are available for $8.50 (postpaid) from NCC/ASLA Publications Group, 2451 Potomac St., Oakland 94602.

Old bean makes comeback

A bean that dates back to the Spanish settlers is gaining new interest.

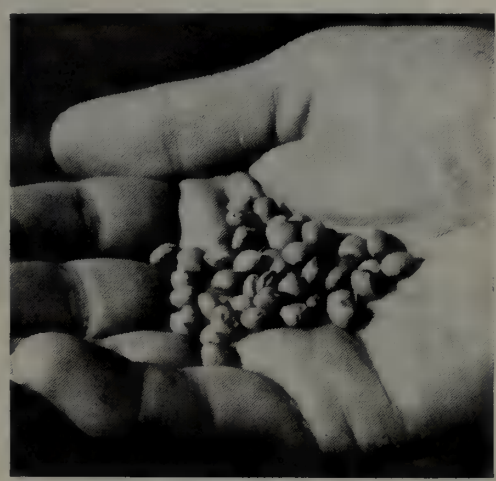
A handful of bean growers in the Santa Maria Valley of California have kept the 'Santa Maria Pinquito' bean alive by producing small crops each year for local consumption. Just recently an Oregon seed company purchased some beans from a Santa Maria warehouse and now offers seeds to home gardeners.

'Santa Maria Pinquito' is a dry-shell bush-type bean that has shown tolerance of late-spring heat and dryness. It's a vigorous grower—you can even train it as you would pole beans. Each bush produces loads of tender pods (edible in early stages).

You can use the dry beans for baking or barbecuing much as you would use pinto, pink, or red dry-shell beans. So far, reports rate this rare variety as "one of the most delicious if not the most delicious" of all beans.

You can buy the seeds from Nichols Garden Nursery, 1190 N. Pacific Hwy., Albany, Ore. 97321. Others may offer the seed in the future—if so, possibly listed as 'Chico' or 'Mexican Pink.' □

BILL ROSS



Rewards *of 'Santa Maria Pinquito' bean. At right, 3-inch pods and white flowers; above, pinkish tan beans*

od flower production, feed us every three or four weeks bloom; stop feeding when rt blooming.

chelated iron if plants show ng foliage that indicates is. Some of the most sus- plants are azaleas, bottle-camellias, citrus, eucalyptus, tha, rhododendrons, roses, losma.

lant annuals. Nurseries will ffer all kinds of summer an- his month. Consider impa- or color in the shade—see *ns update* on the facing f the weather is still damp ld, hold off planting heat- such as asters, celosia, dwarf *Vinca rosea*, and zinnias.

lant bulbs. You can plant hese bulbs, corms and tubers r summer and fall flowers: tuberous begonias, fancy-leafed caladiums, callas, cannas, dahlias, gladiolus, montbretia, tigridias, tuberose, watsonia, and hardy kinds of water lilies.

☐ **Plant citrus and other tender plants.** You'll find a good selection of citrus, fuchsias, and subtropicals such as bougainvillea and hibiscus in nurseries this month. When you buy citrus, ask for the kinds that are known to produce the most flavorful fruit in your own area.

☐ **Plant vegetables.** In most areas, summer gardens can be started this month. That means you can direct-sow seeds of green beans, beets, carrots, chard, corn, cucumbers, melons and squash. Plant onions from sets. Set out eggplant, peppers, and tomatoes as young seedlings. Before you plant, think about how you'll train them—page 121 shows some good ideas.

☐ **Sow annuals.** Sow seed of most summer annuals now, either in ground or in flats for transplanting later. Cosmos, gaillardia, helichrysum (strawflower), marigolds, morning glory, nasturtium, sunflower, sweet alyssum, and zinnia are some that are easily grown from seed.

☐ **Tend spring-flowering bulbs.** Keep foliage green and growing even after flowers fade if you want a good crop of flowers next year. Water and fertilize plants, and snap off spent flower heads, but don't remove foliage until it ripens (yellows and dies) naturally. If bulbs were planted three or more years ago, you may want to lift, divide, and transplant them after foliage dies back.

Maybe you can prune, work soil, plant. For sure you can garden plan. What about steps?

unset's MOUNTAIN GARDEN GUIDE

NORMAN A. PE

Clumps of lavender *edge aggregate steps between patio and lawn*

Although spring isn't quite settled in yet, winter is losing its grip. Take advantage of the warmer, dry days of the month to work the soil, prune some plants, and plant a few hardy things.

But don't be lured into a false sense of security. Our mountain springs are very erratic; early warm days may be followed by frosty nights and cold windy days. So don't uncover the roses or take winter protection off perennials and trees if you aren't completely sure of continuing warm days.

And when it is disagreeable outside, spend your time inside taking care of some pleasant chores—leaf through seed catalogs, study books on trees, roses, or whatever else interests you, and, if you need to, do some garden planning or remodeling.

Ideas for garden steps

When you live on a slope, garden steps become essential to take you up or down to the house and from one garden level to another. Sometimes grade changes are extreme and steps require a good bit of engineering. At other times the change may be slight and a simple two or three-step system will do.

Well-designed garden steps can have personality and look surprisingly unalike even when made of the same materials. What materials you use depends mostly on what's available, comparative c suitability to the site. And don't fo ease of getting materials in place. L rock may be just what you want to but if you can't handle all that we you may be better off using wood can carry.

All the steps on this and the follo pages were photographed in Colo and Utah. The steps pictured above

CHECK LIST: *Here's what needs April doing*

☐ **Divide and transplant perennials.** Any perennial that blooms after mid-June can be lifted and divided now. Do it before new growth is more than 2 inches high. Perennials that need dividing every few years are achillea, asters, campanulas, chrysanthemums, lychnis, monarda, and tall phlox.

☐ **Plant annuals.** If the ground is newly thawed, sow seeds of these annuals: sweet peas, larkspur, calendula, cornflower. Later (about when deciduous forest trees or shrubs come into leaf), sow annual chrysanthemum, California poppies, clarkias, gypsophila, and sweet alyssum.

☐ **Plant hardy vegetables, small fruits.** Put in perennial vegetables such as rhubarb, asparagus, horseradish. As soon as soil is prepared, sow seeds for beets, broccoli, cabbage, kale, leek, lettuce, onion, peas, radish, spinach, turnips.

This month you can begin to set out plants of broccoli, cabbage, cauliflower, lettuce. If you started them indoors, before planting place them into a coldframe for a week to help them adjust. You can also plant onion sets.

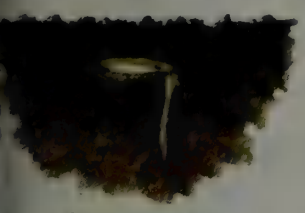
For fresh strawberries, put in a few plants when the ground is workable. Replace mulch around established beds and weed and fertilize them.

☐ **Prune deciduous trees, shrubs.** Prune most deciduous trees (except maple, birch, and walnut; prune them in summer). Take it easy on early-blooming shrubs if you want a flower show this year; postpone extensive pruning until after bloom. Cut back root-hardy, top-tender shrubs such as buddleias (*not* fountain buddleia), caryopteris, hydrangea. Prune roses when buds begin to open.

There are four stages in the life of very grass plant where its future could e in doubt. And the seed you put down n the first place generally makes the ifference. Chiefly, it depends on the eed's heritage and the condition it's in.

How our plump healthy Family Seed grows safely through these 4 failure zones.

The seed's condition is especially mportant in the beginning. It takes a retty robust seed to germinate and survive. That's why we sort the seed in our mixtures. We get out most of the weak immature seeds that won't make it and keep the plump iature seeds that are full of vigor.



Germination.
The critical days where seed fails the most.

We also give you aged seed. Freshly arvested bluegrass seed takes longer germinate. Nature's way is to age the eed so more of it germinates and comes p at the right time. We're so particular hat last year we rejected over five illion pounds of grass seed that didn't neasure up to all our standards.

The plump, healthy seeds in our Family® mixture have food reserves (starches and so on) to help them sprout and grow faster. Seeds buried deeper can fight their way up to sunlight. These vigorous seedlings have more power to rce their way through crusted soil or round clods. They grow into grass plants ith a strong will to live. And since they t established quicker, they're better ble to fight weedlings later on.

Emergence.
reaking through the soil to the light and air.

They also have roots that can dig down faster for food and water (your grass is only as good as its roots). So more seedlings survive till they can start producing their own foodstuffs. Then tillers and rhizomes reach out to start new plants and thicken your lawn.

Growth.
Rooting and spreading to thicken your lawn.

The heart of our Family mixture is Victa Kentucky bluegrass. It's a hardy, disease and drought resistant plant. We tried some 5000 different bluegrass strains to find Victa. And we grew Victa on our research farms for 12 years just to be sure of it.

As lawns mature, their true character shows through. Some will come on strong for a while and then fold up on you. Our Family seed can grow in medium shade and in a wide variety of soils, including poor soils. With a little help from you (food and water) it will germinate, grow and go on reproducing itself for years.

Maturity.
Meeting the seasonal stresses of lawn life.

Family seed will give you a green, all-purpose fine textured lawn that's a joy to behold. It contains fine fescues and another bluegrass besides Victa. We sell other seed mixtures, too, for special purposes. And that's the kind of business we've been in here in Marysville, Ohio, since the year 1864.

Native stone *used for wall, walk, as well as steps. Edges softened by arctostaphylos (over wall), vinca ground cover*

really paved sections of five terraces made by running 2 by 8's across the face of the slope. Plants share the terraces. The landscape architects were Maas & Grassli for Ralph Nye of Ogden, Utah.

When the main walk goes up and down

Shown on this page are ways to handle gardens that also serve as main traffic arteries. They're more generous in size than steps for less formal parts of a garden.

At upper left, Denver landscape architect Chris Moritz designed his own entry steps of native flagstone. From the driveway you step onto a 7 by 7-foot stone-paved gathering spot, then up to the 6-foot-wide steps with enough room for two people to walk abreast.

The front garden in Ogden you see in the photograph at right has numerous and attractive rock outcroppings that Maas & Grassli wanted to preserve. They designed the entry steps to float over the face of the rocks. Since they're 6 feet wide, you climb them with a feeling of complete security.

At above right, a steeper grade change was handled with concrete steps formed between giant boulders that help stabilize a bank below a swimming pool terrace. Landscape architects Maas & Grassli

More ups and downs in Colorado and Utah gardens

NORMAN A.

Boulders *edge steps of concrete and 2 by 6's. Fans of cranberry cotoneaster (C. apiculata) spill over boulders*

Natural rock outcroppings *were preserved by building wood entry steps right over them. Trees alongside are Scotch pines*

Decorating with Weldwood Paneling, from P to Z.

aneling. Walls set the tone for any room, d Weldwood® paneling is like fine furni- e for your walls. Notice how the paneling own above from our new Oak Grove™ e helps achieve a warm, nautical look.

Quiet. Your use of color should be quiet subtle, and to help you, Weldwood rs a full range of colors and tones.

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PANELING

Champion Building Products™
Champion International Corporation

ampion International Corporation, 1978

Rock garden or steps? *Terraced levels function as both. Grow walk-on perennials and bulbs between rocks*

Steps with plants in mountain states gardens

designed the steps and garden for Tom and Litz Dee of Ogden.

Good companions . . . steps and plants

On this page plants and steps work together especially well.

Above, the ground covers take on the shape of the bold rock steps. At right the steps are all but surrounded by a plant carpet. Both are in the Ogden garden of the Calvin Behles, designed by landscape architect Leon Frehner.

Below, creeping thyme has started to grow across the steps of cut flagstone and railroad ties. This is in the Denver garden of Donald and Freda Elliott, designed by landscape architect Jane Silverstein Ries. □

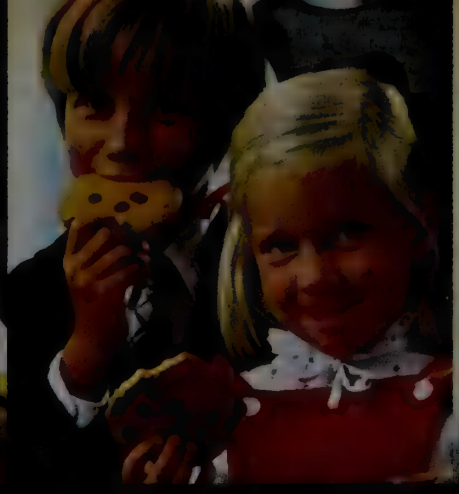
NORMAN A. PLATE

On gentle slope *flat stones buried in ground form simple pathway. Leave space between rocks for plant*

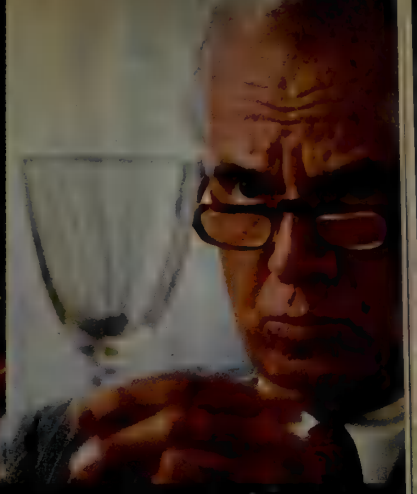
Flagstone *alternating with railroad ties forms steps leading down to dry streambed of cobbles*

Mom cried at her 25th anniversary party.

Mom's cousin thought the decorations were lovely.



The kids were crazy about the homemade cookies.



And Uncle Martin noticed the spotty glasses.

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Get the Cascade look... virtually spotless.

For virtually spotless dishes, nothing can beat Cascade.

Most detergents can leave spot problems, but Cascade's sheeting action fights drops that spot. Give glasses the Cascade look: bright...shiny... virtually spotless!

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tells how to select and grow trees from the points of view of home owners, city planners, landscape architects, food growers, commercial growers and tree enthusiasts. It includes regional maps, charts on fast growing trees, and the soil needs of various trees. More than half the book is a regionalized "tree encyclopedia." Complete nuts and bolts information on digging, planting, staking, watering, fertilizing and pruning. 112 colorful pages.

Gardening with Color
discusses using the wonderfully varied colors of nature as a gardening palette. It will open your eyes to the colors that already exist in any landscape, teach the principles of color gardening, give advice on color combinations in single flowers as well as whole fields of floral color. It tells how the gardener can borrow different planting and color ideas from different countries. Contains detailed charts of plant materials for planning color combinations in the garden. 96 colorful pages.

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NORMAN A. PLATE

Looking like *overgrown cucumbers, big fat luffas hang from their vines. Peeled and dried, they're home-grown back scrubbers*

DARROW

Your own back scrubbers ... they're luffas, easy to grow

Tough, scratchy, and strangely shaped—who'd ever think a luffa sponge is something you can grow? But if you can grow cucumbers, you can grow luffas. Instead of salads, though, you get pot scrubbers and bath sponges.

You can eat luffa (*Luffa cylindrica*) when fruits are tiny, but a close relative —*L. acutangula*—is better for cooking.

Luffas, like cucumbers, melons, and squash, are members of the gourd family. Grow them the same way—in rich, well-improved soil with plenty water and sunshine. Particularly in the coast, give them full sun and much reflected heat (from buildings paved surfaces) as possible. To [illegible] mildew and fruit-drop, water the [illegible] —not the leaves or flowers.

Young plants don't transplant [illegible] Whenever possible, sow seed ou[illegible] where they are to grow—an incl[illegible]

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eral law requires the forfeiture of three months interest and the reduction of the interest to that of regular passbook savings on any funds withdrawn prior to maturity.

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MEMBER F.D.I.C.

Before you plant your vegetable garden.

That's the time to apply **ORTHO® Vegetable Garden Food 5-10-10.** A specially-prepared plant food formulated for high yields and healthy vegetables. In pelleted form, so it's easy to use.

That's also the time to apply **ORTHO Garden Weed Preventer** —*before* weeds get a chance to cause any harm to your garden. **ORTHO Garden Weed Preventer** comes in an easy-to-apply granular form for selective, pre-emergence weed control. It's also great for use around flowers, shrubs, trees and in lawns to prevent crabgrass and many other weeds.

After your vegetables have sprouted.

After your vegetables have sprouted and up until a day before harvest is also the time to use **ORTHO Fruit and Vegetable Insect Spray.** It's especially effective for use on tomatoes, beans, cucumbers, peppers, potatoes, melons and other listed vegetables.

(Avoid accidents: For safety, read the entire label, including cautions. Use all chemicals only as directed.)

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We help you grow better vegetables. All season long.

TM'S: ORTHO, CHEVRON, CHEVRON DESIGN, ORTHENE – REG. U.S. PAT. AND T.M. OFF.

NORMAN A.

DAVID

Ready-to-peel luffa *hangs between yo edible ones. Under thin, papery skin is tough bundle of fibers—a potential sp*

2 feet apart, as soon as the soil is If you must use transplants, plant young and handle roots carefully.

Luffa vines grow quickly to abo feet and bear prolifically: Each may produce 25 to 50 large fruits vide a strong, 6 to 8-foot-high for the vines to climb. That wa luffa fruits will grow straighter an can enjoy a leafy green screen.

The dark green fruits grow 12 inches long. When the skin turn low, they're ready to harvest. times shaded fruits, or ones that getting enough heat, won't change Squeeze them; if spongy and weight, they're probably ripe.

In late August or September, water to force remaining fruits to

For easy peeling, soak harvested in water. Brown, paper-dry ski come off after only a few minutes water; softer-skinned fruits may soak a few days in tap water.

Wash peeled sponges with water and place them in the sun If you wish, bleach sponges in chlorine solution before drying t

If you can't find luffa seeds or pl local stores (it may be called dishcloth gourd, or vegetable s you can order seeds from Nicho den Nursery, 1190 N. Pacific Hi Albany, Ore. 97321 or Park Se Box 31, Greenwood, S.C. 29647.

Put the BEAUTY back into your lawn with FAST & FINE®

unique seed blend that mes up

AST

is seed is ed to fix bare ots and thin ots quickly d easily. It's nique blend 3 grasses. e of them Pennfine, a olutionary e-leafed perennial ryegrass that mes up nearly 70% faster than egrass. It blends beautifully with grass you already have.

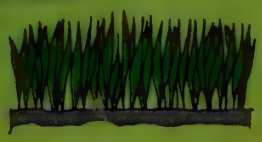
Hardy grass that comes up

FINE

You get a sturdy, healthy root system that drives down deep into soil—even into hard, compacted soil. Down 12 to 18 inches for water and nourishment. Here are the tough grass roots you need . . . to support the lush green top grass you want. Get more than a beautiful lawn . . . get a lawn that'll last, too.

Creates new plants that come up

THICK



From this root structure come vigorous tillers. They are the above-ground shoots that give you a rich, thick, healthy lawn . . . the TAKE-IT-EASY Lawn.

No one else has anything like FAST & FINE. Seed it into your lawn. In a short time you'll never know where the bare spots were.

Better ways to beautiful lawns...

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Growing showy Rhododendrons is not limited to cold climates. 'Scarlet King', a special hybrid from New Zealand, successfully sets great clusters of blooms each year without need of a cold overwintering period. It is the first deep red variety to do so.

'Scarlet King' Rhododendron shows off its magnificent display of late spring blooms in a doorside container, a raised bed, or any shady place in the garden. Give 'Scarlet King' filtered sunlight and plant in pure peat moss. Rhododendrons are one of nature's showiest varieties.

Look for this and other new and unusual plants at your local nursery. They always wear our *Distinctively Better* label.

AVAILABLE AT LEADING NURSERIES

W. D. A. STI

Hand plunged *wrist-deep into Nandin 'Harbour Dwarf' touches soil; mature plants will be only 1½ to 2 feet tall*

Good looking, tou ... any nandin

Here's a quiz: name a beautiful, de looking foliage shrub that's as tou iron, grows in sun or shade, wi without water (when established), gets eaten by insects, hardly ever pruning, and thrives in gardens Seattle to Honolulu. The answer kind of nandina. It's our nominati the West's toughest, best-looking maintenance landscape shrub.

Nandina gives a pleasing change liage color in the fall and winter in climates. It adapts to a variety mates, thriving wherever temper don't drop below 5°. At lower ter tures it may not thrive, but the usually live through occasional freezes and send up new grov spring. Where hard freezes occur ally, the plants eventually die out.

Nandinas are also called heavenly boo. Their erect, unbranched or s branched stems carry a cloud foliage, so the general appearan bit bamboolike. But nandinas gro 4 to 8 feet high, and they're a related to barberries. Like most barberry family, they are resist oak root fungus (*Armillaria*).

The basic shrub, *Nandina domes* often a seedling. Additionally, th ten selected named varieties. Y keep tall varieties to a predete height by pruning off at groun any stems that grow too tall. Th other pruning required should b to remove any canes that die afte

Plant Honeycomb.

The hybrid sweet corn that holds its "just-picked" flavor for days.

re's nothing quite like just-picked flavor of sweet n. The only problem is t you can't always eat it right ay. And, with ordinary et corn, the flavor starts to e soon after picking. here's never been a et corn like Honeycomb. unique, it's produced by atented process. Northrup King's Honeycomb et Corn is an exclusive new hybrid that actually stores and protects its fresh flavor, like honey stored in a comb. So, each delicious ear stays sweet and creamy for days.

Honeycomb Hybrid Sweet Corn. It's the result of a patented genetic breakthrough... the only true sweet corn that holds its just-picked flavor for days.

Honeycomb. Available exclusively at Northrup King seed displays. Just look for the Honeycomb packet. Mmmmmmm... how sweet it'll stay.

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SEEDS®

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After years of potting and puttering in a South San Francisco greenhouse, it was finally perfected in 1954. Since then, literally millions of trowels, rakes, hoes and hands have spread Supersoil across the west . . . and moved it to the very top. Today, in fact, it is the leading potting mix on this side of America! Why? There are many reasons:

Rich Canadian sphagnum peat. Sierra fir bark. Redwood. Granite-based river sand. A superbly balanced broad-spectrum nutrient package. And unique sterilization by pressurized steam. This is Supersoil, the finest all-around growing medium, indoors or out, for virtually any kind of greenery that ever grew beneath the western sky!

So share a little fame with your plants. Insist on the leading potting soil of the west—Supersoil! At leading nurseries, supermarkets and garden supply stores near you.

Supersoil®
potting mix

"Favorite potting mix of western gardeners . . . and their plants!"

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ornamental life. (Incidentally, cut s last well in water.)

Care and feeding

Plant in reasonably good garden soi water generously until the plant well established. After that, establ nandinas can survive with little c summer water; they can even suc fully compete with the greedy roots live oak tree for water that's natu present in soil.

Don't crowd plants; give each enough space to show off its hand upright form—and to widen by w new outside shoots each year. F ground cover, plant dwarf varieti inches apart. Taller kinds are a choice for narrow beds against wa fences; space these plants 2 to 3 apart. Nandinas also grow well in if they get plenty of light and if h from registers doesn't strike them.

The ten named varieties

'Compacta.' Lower growing tha typical *Nandina domestica*—only feet tall.

'Harbour Dwarf.' Lower growing to 2 feet) than 'Compacta' and freely spreading. Orange-red to b red winter color.

'Moyers Red.' A standard-size with broad foliage and brilliant re ter color in the Northwest.

'Nana' ('Nana Compacta,' 'Nana purea'). Nurseries offer at leas plants under these names—a slow ing one with coarse foliage that i plish green in summer, reddish in winter; another with finely cut that are green in summer, bright winter, and fast spreading. Both about a foot high and are often in nurseries, so select plants caref

'Pygmaea.' A dwarf nandina with tremely dense clumping habit. Ste mostly 8 to 10 inches tall, occas to 3 feet. Turns bright red in fa winter. (Other varieties may b under this name.)

'Royal Princess' ('Chinensis,' 'C Princess'). Clumps are open rathe tight, making for broad shrubs see-through quality. The foliage textured, colorful in winter.

'Stribling Little Princess.' Dense clumps are 3 to 4 feet tall; ver growing and spreading.

'Umpqua Chief.' A 5 to 6-foot n that's fast growing, vigorous. Re appear on foliage early in fall, b to overall bright red in winter.

'Umpqua Princess.' Clumps grow feet tall. Leaves are narrow, plants a fine-textured see-through

'Umpqua Warrior.' Tallest and growing nandina, with large st clined to floppiness. Large leaflet winter color.

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HEARTY CHICKEN & RICE SUPREME

4 Country Pride split chicken breasts (2 whole)
¾ c. long-grain parboiled rice
½ c. sliced celery
1 envelope dry onion soup mix
1½ cups hot tap water
1 c. frozen peas, thawed
3 tbs. chopped green pepper
2 tbs. diced pimentos

Seasoning: salt, pepper and paprika

Sprinkle chicken pieces with seasoning. Place chicken skin-side up in well-buttered baking dish. Spoon rice and celery around chicken. Add dash of salt. Sprinkle with soup mix. Add water. Cover. Bake in 350° oven — 55 min. Remove, stir in peas, green pepper and pimentos. Cover, return to oven. Continue baking 15-20 min. Makes 4 servings. This recipe is excellent with other chicken pieces.

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Good cooks' need... fresh basil

A little basil improves the flavor of almost any vegetable or protein food—particularly fish or tomatoes in any form. But probably most cooks grow basil to make that great thick sauce of Italy—aromatic green *pesto*. Lavish it on hamburgers, vegetables, pasta, omelets, or salads, and those simple foods become something special.

Figure on putting in as many as 12 plants for a family. No need to be timid with this herb. You can shred a fistful of basil leaves into a salad with little risk of offense—its texture and flavor are no less pleasant than parsley. You can blend minced leaves into soft butter, or add a handful to white wine vinegar.

Start seeds or plants this month or as soon as soil is warm. Plant in containers or good garden soil in full sun or partial shade. Space plants 6 to 8 inches apart, and water regularly. Plants need little or no fertilizer. Begin pinching out tip leaves as soon as plants are 6 inches tall. As plants mature, snip off ½ to ⅔ of any shoot that starts to get squarish bracts at the tip instead of pointed leaves, whether you can use the snippings or not; otherwise, the plant will bloom and die early in summer. With regular cutting back, basil will produce until killed by winter frosts.

Fresh basil leaves bruise easily and soon blacken even with their stems in water. You can dry extra foliage (even if it looks imperfect) on your kitchen counter or in any relatively dry, dark place with good air circulation.

To retain peak flavor for longer storage, mince or whirl leaves in a blender with just enough olive oil or water to make a paste. Spoon it into ice cube trays, and freeze it until ready to use. Or make and freeze *pesto:* Combine 2 cups clean, packed fresh basil leaves, 1 cup fresh grated Parmesan cheese, and ½ cup olive oil. Whirl in a blender until coarsely puréed. Refrigerate up to a week or freeze in small portions.

You have a choice of four varieties: The sweet basil shown above, *Ocimum basilicum,* is most popular for culinary use, and available at any nursery. D or bush basil, *O. basilicum minimu* similar in flavor, but about half as —a compact 6 inches tall. 'Dark has burgundy foliage that mak lovely rose-colored vinegar of sup flavor. The Italian lettuce leaf or basil, *O. crispum,* has larger, co leaves that are too potent fresh retain more flavor when dried.

Seeds of all four are available f cents a packet, plus 50 cents for dling, from Nichols Garden Nu 1190 N. Pacific Highway, Albany, gon 97321.

JERRY FR

Pinch *shoot tips often to use in kitchen, and to bring on new supply of spicy leaves throughout summer*

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A government report sold me on solar energy." W. Victor Fiore

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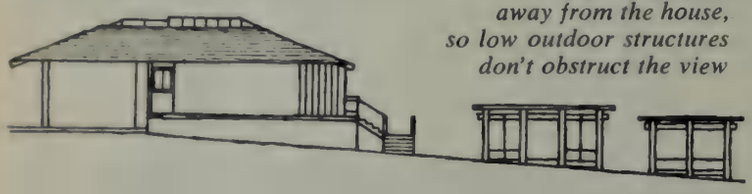
On warm Maui, pavilions make shade for plants and people



The garden *slopes away from the house, so low outdoor structures don't obstruct the view*

Crushed lava walkways *connect the pleasures of this Maui*

"Nothing to block the view" was Jim and Annie Luckey's instruction to architect Uwe H. H. Schulz for the design of their garden on the Hawaiian island of Maui. Built on a hillside north of Lahaina, their house (also designed by Schulz) looks down and across the sparkling Auau Channel to the neighboring island of Lanai—a view the Luckeys wanted preserved.

This see-through garden notion ruled out trees, but it gets warm here and people and many plants need some shade. Schulz's solution: three wooden pavilions that provide shady places to seat and entertain people and shelter dozens of container plants. And from the house, the Luckeys can still see over the structures to the sea.

Each pavilion is 10 by 20 feet with a floor of 2 by 6's nailed to 3 by 6-inch joists raised 18 inches off the ground (the exact height varies because of the slope of the hill). Posts of 4 by 4's support 3 by 8-inch beams 20 feet long. Roofs are of 2 by 2's spaced 2 inches apart and nailed across the beams.

Plant shelves like the one you see at far right are made by nailing 2 by 2's to the overhead beams and to wood blocks fastened to the decks, then sliding the shelves between short lengths of 2 by 2's nailed to the uprights.

The three pavilions and a series of walkways (see sketch above) focus on a 4 by 9-foot-long redwood reflecting pool that's framed with benches of 2 by 4's and planters at each corner. One of the corner planters conceals the pump and filter equipment (the pump handles 400 gallons per hour and the filter has a reusable cartridge). The inside of the pool is coated with an asphalt sealer and is redone about every two years.

Raised pool *is made of clear 2-inch-thick redwood; joints were gr and splined, then glued (a marine-type glu clamped. Lag screws a foot apart join sides and b*

Water in the pool is only 10 inches deep and gets far too hot for fish and plants, but not for a healthy crop of algae; it's treated twice weekly with chlorine to control the algae.

The Luckeys enjoy entertaining in their garden, and in typical Hawaiian fa parties tend to grow even when start out small. For a small gat such as pictured here, one pavil all that's needed. But for large fun all three pavilions, the house decl the poolside benches can be p into service.

The garden is a haven for tropical that most mainlanders can grow indoors or in a greenhouse. T grown in containers under the l

PETER O. WHITELEY

plants, shady pavilions, reflecting pool

shelves *are supported*
imple, sturdy
work of 2 by 2's

avilions or in garden beds that are d by the pavilions.

are also tropical plants grown here in the West, such as bougain- and hibiscus, and a colorful as- nt of mainland favorites—violas, olds, petunias, geraniums, roses. als are set out in April and the is most vibrant in June. There's l garden, too, with corn, lettuce, oes, onions, strawberries, and four a trees. □

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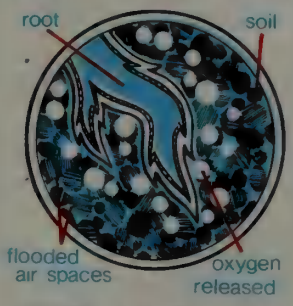

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If fireblight hits . . . what to do

Fireblight, a highly infectious bacte disease, attacks certain kinds of pl in all areas of the West. It can wi twigs and branches, and in its n advanced stages, leaves, fruits, and t become dark reddish brown, as scorched by fire. The infection cause entire plants to die in just a ter of days.

The disease most frequently att members of the rose family—inclu pyracantha, quince (both flowering fruiting varieties), loquat, pear, to mountain ash (*Sorbus*), hawthorn, photinia. Other members of this fa that sometimes suffer are almond, a apricot, cherry, crabapple, plum, raea, and roses.

Fireblight gives little advance wa before infection sets in. The first of the disease are the withering of soms (not always noticed), young f and leaves on blossom-bearing t Next, there's a sudden dieback branch tips, and the reddish-brown coloration.

What to do if it strikes

Prune off diseased branches at le inches below the infected area. T *important:* disinfect pruning tools each cut. Dip blades in 70 percen propyl alcohol or a 5 percent sol of household bleach. (If you use bl wash and dry tools after the job is pleted to prevent rusting.) Comp remove severely infected plants.

At dormant pruning time, look fo cut out larger branches with ca (sunken areas of dead wood sharply defined edges), making eac 4 to 6 inches beneath the canker. A disinfect blades between cuts. P pruning wounds with a paste of deaux powder and linseed oil.

Prevent reinfection

Sanitation is an important prev step. Remove and destroy di prunings; if left lying around, the lead to additional infection. Ask neighbors to cooperate in diseas trol by pruning their plants, too.

To halt a repeat infestation (by plication and spread of the bacte flowers), treat susceptible plants either streptomycin (do not use on fruit plants after fruits become v Bordeaux solution, or fixed sprays. Apply at four to five-day vals after first blossoms open.

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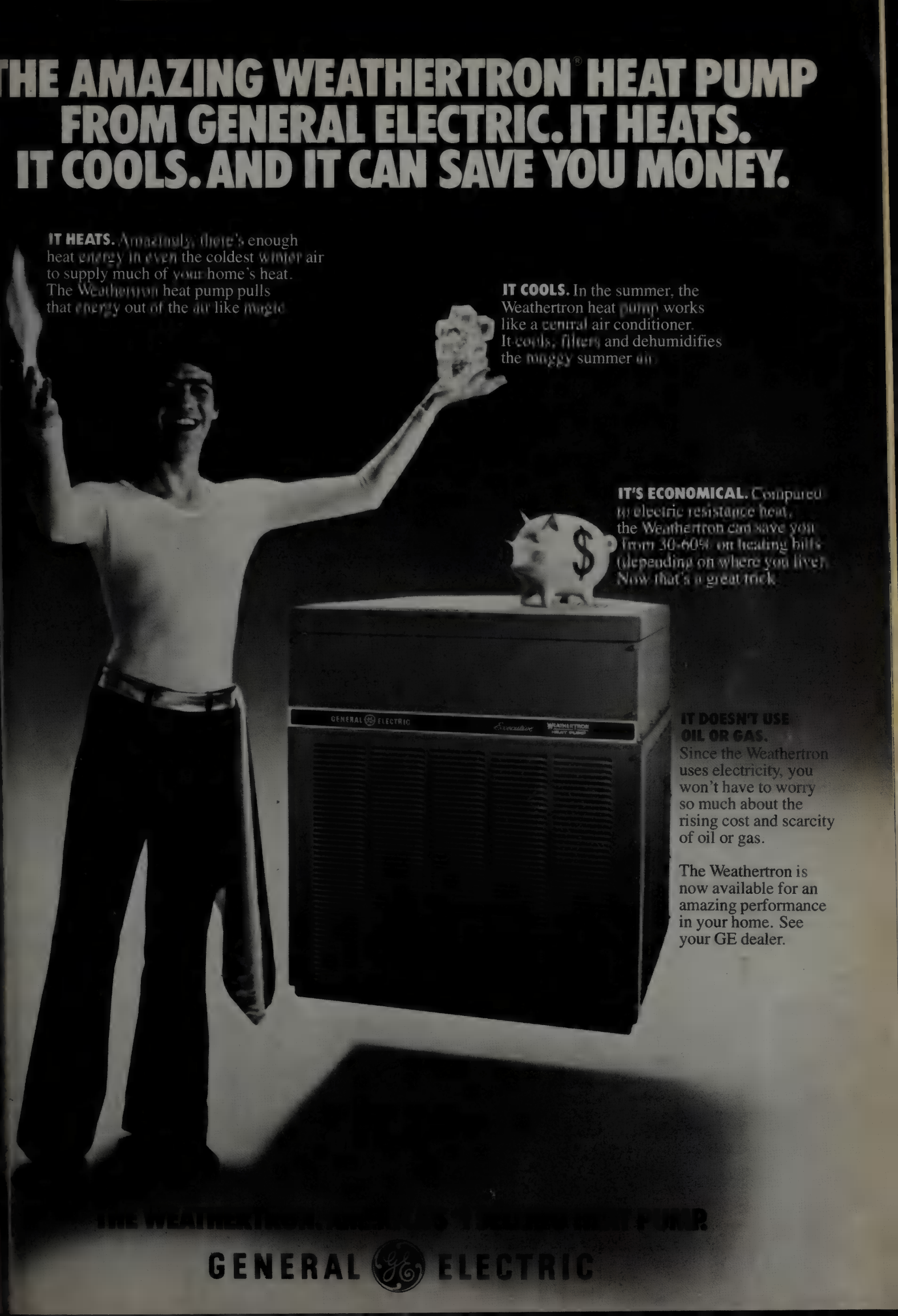

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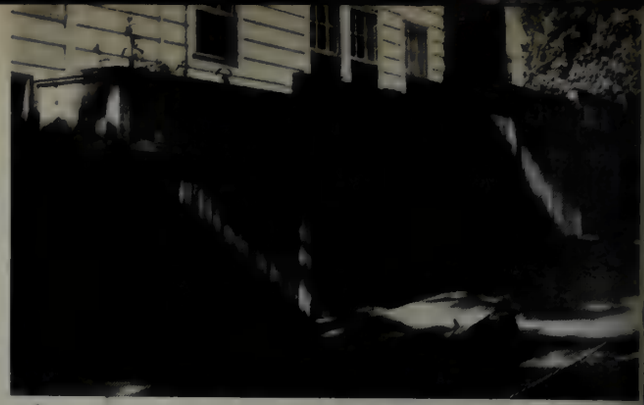
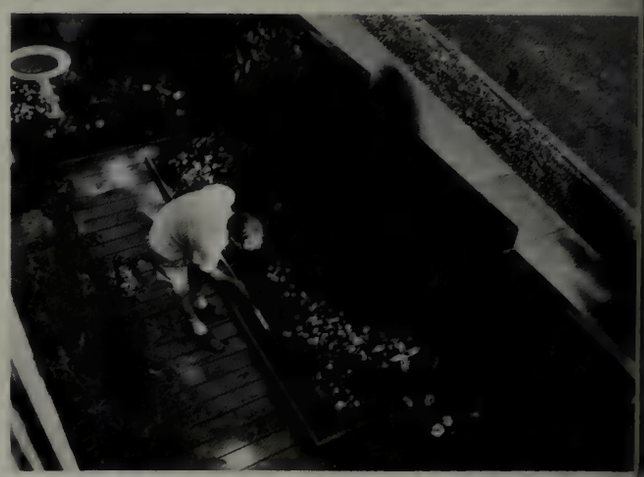
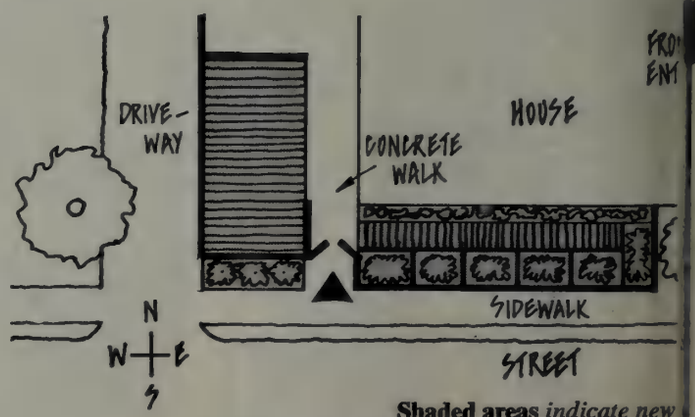




Streetside oasis: *Fence enclosure converts an open sid into a quiet place to garden. Rhododendrons, imp lobelia, astilbe grow in the shade of the heat-loving tomatoes and marigolds hug the sunny hous*

Garden room *for eating, entertaining, and growing flowers in movable containers used to be a backyard open to the street. Besides giving privacy, wrap-around fence capture precious heat during cool Portland summers*

Living space on the streetside: What it took was a bit of quiet fence



Shaded areas *indicate new sitting area at left, fenced sideyard c*

Stealing private garden space from public view is not a crime. As shown here, you can gain some outdoor living space and the public can gain a handsome fence to look at.

Hendy and Joe Cameron of Portland wanted some space where they could garden and sit outside in the sun. An attractive feature of their corner lot was its warm southern exposure, but the garden area there was cramped, open to the street, and generally uninviting.

This prompted Hendy Cameron to design the solution you see in the photographs on this page, and her husband to build it. In the sketch above, the shaded areas represent the two outdoor spaces they created. The side garden shown in the two small photographs is on the right side of the plan and the garden room in the big photograph is on the left side.

First the Camerons enclosed the whole area with a handsome redwood fence made of 1 by 4's framed by 4 by 4 posts and 2 by 4 stringers, using 1 by 1 stops on both sides. The upper panel cutouts came from the lumberyard already notched, but notches could be cut easily at home with a power saw and a simple template.

In the 10-foot-wide sideyard, planter boxes built around three sides p ample space for gardening. Season nuals and vegetables grow there permanent shrubs, vines, and flo perennials. An attractive wooden way up the center keeps feet fro ting wet and muddy.

(Be sure to check the setback regul of your local building code if yo to remodel a similar close-to-th walk part of your garden.)

The old backyard, covered ove decking, is now a favorite sitting Sun until midafternoon and the of the fence make it a comfortabl to relax, serve meals, and enterta

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BILL ROSS

Strip *of Zoysia tenuifolia grows between two natural boulders in top photograph. Below, juniper between more stones. Dean A. Draper, Poway, California*

A nice mix *of grassy perennials and matting plants fills in around boulders: Siberian iris, Alyssum saxatile, several sedums, chives. Around the steppingstones is woolly thyme (Thymus lanuginosus). Tish Rawles, Colorado Springs*

Carpeting ground covers

They are growing in popularity. Here are choices . . . for sun, shade, part shade. Some are flowering. Some take light foot traffic. Care isn't difficult but all need weeding

STEVE W. MARLEY

Instead of grass, *ground covers in top photograph include moraea, gravel, variegated juniper, boulders, and dodonaea. At left: coprosma on both sides of railroad-tie entry. Above: low-growing potentilla and moraea. John E. Moore, San Diego*

creased array of carpet plants at n nurseries reflects a new trend ening: soft-looking ground covers le bare soil in all seasons.

ndscapes shown here imitate na- here mosses, bunch grasses, low plants, wood and stone cover the . These gardens use gravel, flag- and railroad ties among some ft and mellow-looking carpeting plants. More gardens of the same kind can be seen elsewhere in this issue—page 276 and page 312.

While these gardens may look softer and more natural than the grid-board, buzz-haircut landscapes that were popular 25 years ago, they aren't as labor-free as you might suppose; weeds can grow through the ground covers.

If you buy carpeting plants in flats, cut the contents like a sheet cake into 1½-inch squares, then plant the squares. If you buy plants in plastic cells, just pop plants out of the cells and plant them. Spacing for the squares is given for each of the 13 ground covers we list here. The shorter spacing distances give faster coverage but cost more.

Seven carpeting plants shown in the four home gardens

The four gardens shown here and on the next page contain seven good carpeting plants, all old-timers.

Coprosma kirkii. It's shown in the Moore garden on this page. This is the

W. D. A. STEPHENS

Between railroad tie steps *and on the bank to the left of them: baby's tears and Irish moss ground cover. The moss is highlighted with clumps of Festuca ovina glauca. Cotoneaster microphylla is in the foreground. Dolores and Bob Schwerin, Los Altos*

Sunset's 1978 garden contest—how to enter

The carpet plant gardens on these pages all happen to be top winners in *Sunset's* 1977 Garden Contest. We'll be sponsoring another contest this year, and you are invited to enter.

By no means is the contest limited to gardens like the ones shown here. In future issues of *Sunset* you'll see some of the best flower borders and vegetable gardens from the 1977 contest. In other words, any gardener can enter any kind of garden in the contest and go on to win.

To enter, send your name and address to 1978 Garden Contest, *Sunset Magazine*, Menlo Park, California 94025. We will mail you back an entry form and ask you to return it with at least five photographs of your garden. The entry form will explain how to submit them.

tallest of our carpeting plants; you cou call it a mattressing plant. It grows to bushy, springy 2 feet high. Grow it full sun or part shade, and shear edges once a year. It grows well in t low elevations of California. Plant g lon-can plants 2 feet apart.

Irish moss. You see Irish moss mix with baby's tears on the bank and tween the railroad tie steps in the garc at left. You can grow Irish moss ar where in the West. Plant it in good s in full sun or part shade, in a pla where you can give it as much water it may demand. Feed it occasiona Plant 6 inches apart.

Irish moss has a tendency to bubble or corrugate itself. Within the corru tions, roots get torn loose and m there turns brown in the first hot sp A good way to prevent this is to roll moss with a lawnroller

Potentilla verna. This hardy gro cover grows 2 to 6 inches high, has t strawberry leaves, and tiny yellow fl ers in spring. You can grow it in climate, but foliage will turn brown areas that have cold winters. Best in sun or part shade on the coast, part sh inland. If it grows unevenly, mow it v lawnmower set at 2 inches. Plant inches apart.

Sedum. Most Western nurseries off number of different sedum ground c ers. Some are good anywhere, such *S. album (S. brevifolium), S. spuri S.* 'Utah.'

Some sedums are good for ground co in warm climates, such as the low el tions of California, but not in the de *S. confusum, S. dasyphyllum,* and *oaxacanum.*

All kinds have shiny leaves (but in n sizes and shapes), tolerate little or foot traffic, grow fast, like sun or dium shade, and can tolerate poo dry soil. Plant 6 to 12 inches apart

Baby's tears (*Soleirolia soleirolii*). see it right beside the steps in the ph graph at left. Hardy in mild-winter ifornia, Phoenix, and Tucson but turn brown in the winter. Plant in sh Needs lots of water. Can be invasiv

Woolly thyme (*Thymus lanugino* Downy gray leaves give the effec soft wool. Takes any climate in the W and grows best in full sun. Grows inches high. Withstands some foot fic—see it around the flagstones i Colorado Springs garden on page Plant 6 to 12 inches apart.

Korean grass (*Zoysia tenuifolia*). see a band of it filling the space bet two big flat rocks in the Draper ga Grow it in low elevations of Califo Arizona, and New Mexico. Heavy turn it brown for the winter. Plant 12 inches apart.

Six new and newish carpeting ground covers

tured at right are six carpeting und covers that have become popular in recent years; most are quite new.

e star creeper (*Isotoma fluviatilis*). y light blue star-shaped flowers are posed to show from February into ımer. Flowers or not, it's a fetching e tightly knit ground cover to 3 inches ı. It will grow in part shade or full and can take light foot traffic. It can bably survive in low elevations west he Cascades in Washington and Ore-, and all the low elevations of Cali-ıia except the desert. Plant 6 to 12 ıes apart.

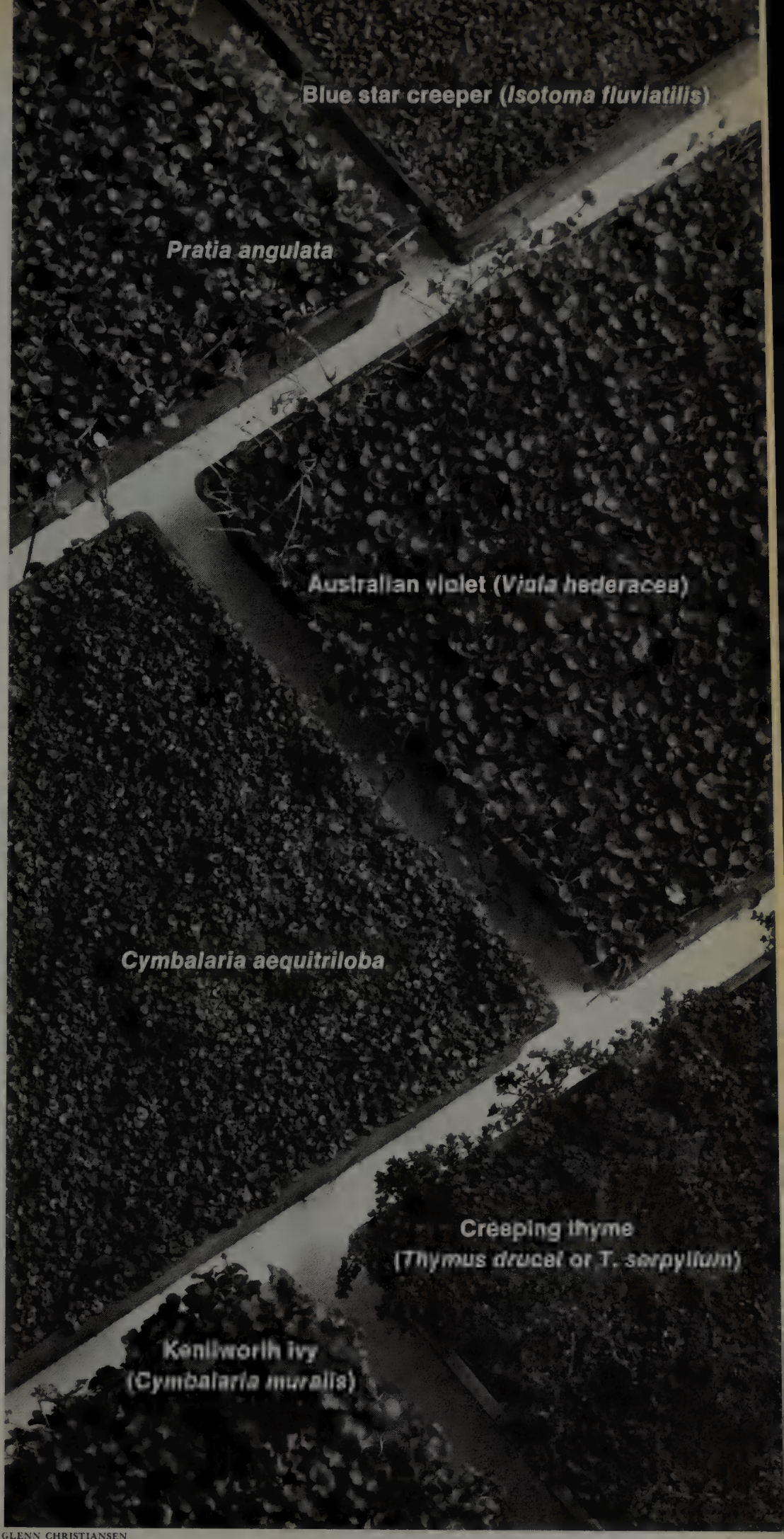
tia angulata. Nobody seems to know ch about where this will or won't w. It has survived east of the Rockies, ardiness should not be a question. long been a garden plant in New land, and a book of garden plants e says it is "common in damp situ-ıs." It grows in sun or light shade 8 inches high, and looks best if you it or trim it back each fall or early ıg. Plant 6 to 9 inches apart.

ralian violet (*Viola hederacea*). This ıber of the violet-pansy family pro-s 3-inch-deep foliage all year. In mer, many little violet flowers in blue or white appear. Tenderness s it to the California climates where s can be grown—but not in the ts. Grows best in shade with ample r. Plant 8 to 12 inches apart.

balaria aequitriloba. It appears to ırdy enough for the entire West, ex-for the highest and northernmost ntain areas. It creeps, stays about ch deep, and needs part shade, good and ample water. Use it as a moss itute. Plant 6 inches apart.

ping thyme (*Thymus drucei* or *T. llum*). The tiny leaves on this plant medium green, the stems are red partly visible. Little branches climb each other, giving a slightly tousled arance. It's hardy everywhere, takes un, and doesn't need much water. ll take light foot traffic. Plant 6 to ches apart.

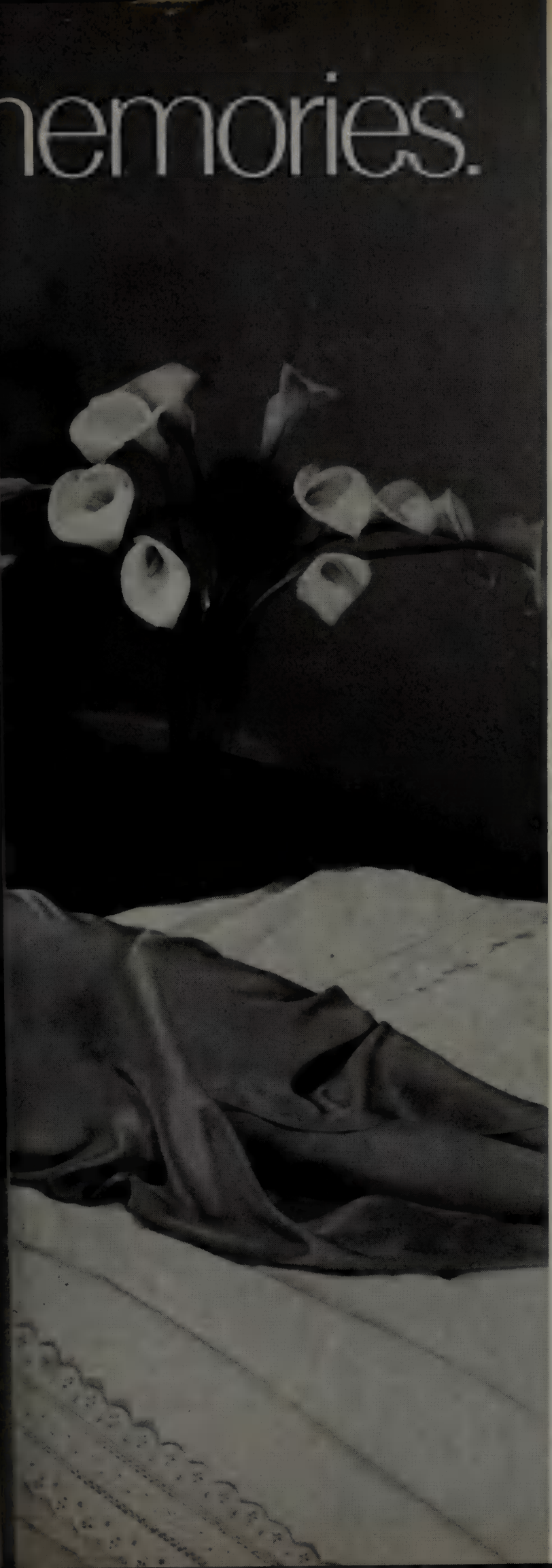
worth ivy (*Cymbalaria muralis*). people curse it (it invades through racks in wood structures and causes le); others cherish it as a shade-delight. It must have shade and ure. Given those two conditions, es a woodsy appearance between ngstones, under ferns and shrubs, nks. Plant 6 inches apart. □



GLENN CHRISTIANSEN

In nursery flats, *six ground-carpeting plants. Some make a display of flowers but its the dense, uniform foliage that's important*

Thanks for the
linen: Hill



The Ile de France sailed through moonlit waters. Fitzgerald wrote. Josephine Baker sang. Champagne bubbled. In Newport, parties roared.

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April and May rhododendron shows up and down the coast

Each year, local chapters of the American Rhododendron Society and some independent rhododendron groups sponsor shows—often in or near the public rhododendron gardens pictured and listed on pages 124 and 125, when these gardens are at their peak.

You'll see everything from happy teenagers with their first blue ribbons to serious middle-aged men who've developed a new rhododendron that may bloom at an unusual time, smell exceptionally good, or have a color that can't be matched.

Get a copy of the show program at the reception desk and walk through the show. If you have questions about what a species or a hybrid is or why some plants are represented with only bloom heads while others were brought in as complete plants, ask one of the show officials—they are eager to share their knowledge.

Seattle. April 1 and 2. Early rhododendron show by the Seattle Chapter, American Rhododendron Society. Place: Nisqually Room, Seattle Center. Hours: 2 to 6 Saturday; 10 to 5 Sunday. Free.

Portland. April 8. Early rhododendron show sponsored by the Portland Chapter, American Rhododendron Society. Place: Crystal Springs Rhododendron Garden, S.E. 28th Ave. and Woodstock Blvd. Hours: noon to 5:30. Free.

Oakland. April 8 and 9. Early rhododendron show sponsored by the California Chapter, American Rhododendron Society. Place: Lakeside Park Garden Center, 666 Bellevue Ave. Hours: 1 to Saturday; 10 to 4 Sunday. Free.

Judges *at Eugene's annual show ponder tubbed and blooming plants, one of many classes at most rhododendron shows*

DON NORMARK

Bainbridge Island, Wash. April 29 a 30. Rhododendron truss show by North Kitsap Rhododendron Socie Place: Captain Wilkes School, corner Day Rd. E. and N. Madison Ave., ab a mile east of State Highway 305. Hou 1 to 6 Saturday; 10 to 5 Sunday. Fre

San Mateo, Calif. April 29 and 30. Rh dodendron show sponsored by the S Mateo Chapter, American Rhodod dron Society. Place: San Mateo Gar Center, 605 Parkside Way, betw 26th and 27th avenues. Hours: 1 t Saturday; 10 to 5 Sunday. Free.

Beaverton, Ore. April 30. Rhodod dron and azalea show sponsored by Tualatin Valley Chapter, Ameri Rhododendron Society. Place: Beav ton Mall, 3205 S.W. Cedar Hills Bl Hours: noon to 5. Free.

Surrey, B.C. May 1 to 31. "The Glad a privately owned 5-acre woodla opens to the public with large collecti of species and hybrid rhododendr and azaleas, native trees, and trees fr other parts of the world. Place: 5 172nd St. off Fourth Ave. Hours: n to 8 daily. Admission: $1.

Bellevue, Wash. May 5, 6, and 7. R dodendron truss, specimen plant, landscape exhibits sponsored by Seattle Rhododendron Society. Pl Bellevue Square. Hours: 2 to 9 Frid 10 to 9 Saturday; 10 to 5 Sunday. F

Cupertino, Calif. May 6 and 7. Rho dendron show sponsored by De A Chapter, American Rhododendron ciety. Place: Cupertino Nursery, 10 N. De Anza Blvd. Hours: 12 to 5 urday; 10 to 5 Sunday.

Eugene, Ore. May 6 and 7. Rhodod dron show by the Eugene Chap American Rhododendron Society. Pl Valley River Center. Hours: 12 t Saturday; 11 to 6 Sunday. Free.

Hillsboro, Ore. May 6 and 7. An benefit plant sale cosponsored by Tualatin Valley Chapter, Ameri Rhododendron Society, and the Tual Valley Men's Garden Club. Place: S ridge parking lot, S.E. Second and B line streets. Hours: 9 to dusk. Free.

Tacoma. May 6 and 7. Annual rh dendron cut truss and plant dis competition sponsored by the Tac

pter, American Rhododendron Soci- Place: Point Defiance Park. Hours: 6 Saturday; 10 to 5 Sunday. Free.

itola, Calif. May 13 and 14. Rho- ndron flower and plant show by nterey Bay Chapter, American Rho- ndron Society. Place: Antonelli Be- a Gardens, 2545 Capitola Rd. rs: 1 to 5 Saturday; 12 to 4 Sunday.

ence, Ore. May 13 and 14. Seventh nal rhododendron plant, truss, and ngement show sponsored by the aw Chapter, American Rhododen- Society. Place: Lane Community ege Skill Center, 31st and Oak ts. Hours: 1 to 5 Saturday; 10 to nday. Free.

land. May 13 and 14. Flower sponsored by the Portland Chap- American Rhododendron Society. e: Crystal Springs Rhododendron len, S.E. 28th Ave. and Woodstock . Hours: noon to 6 Saturday; 10 to nday. Admission: $1 for adults.

ouver, B.C. May 13 and 14. er show by the Vancouver Chap- American Rhododendron Society. e: VanDusen Botanical Gardens. s: 1 to 9 Saturday; 10 to 5 Sunday. ission: adults 50 cents; senior citi- and children under 12, free.

Townsend, Wash. May 19, 20, and Rhododendron show sponsored by lympic Peninsula Chapter, Ameri- Rhododendron Society. Place: V. Hall in the Pioneer Building, r St. Hours: 1 to 8 Friday; 11 to 8 day; noon to 5 Sunday. Free.

leen, Wash. May 20 and 21. Show ored by the Grays Harbor Chap- American Rhododendron Society. : Grays Harbor College. Hours: 1 Saturday; noon to 5 Sunday. Free.

Francisco. May 20 and 21. Rho- dron show sponsored by the rnia Chapter, American Rhodo- on Society. Place: Hall of Flowers, n Gate Park. Hours: 1 to 5 Sat- ; 10 to 4 Sunday. Free.

n, Wash. May 20 and 21. Eight- annual rhododendron show spon- by the Shelton Chapter, American dendron Society. Place: P.U.D. orium, 303 W. Cota St. Hours: 10 aturday; 11 to 6 Sunday. Free.

na. May 20 and 21. Rhododen- nd azalea show sponsored by the Rhododendron Society. Place: y-City Building, 930 Tacoma Ave. urs: 11 to 7 Saturday; 10 to 6 y. Free.

ater, Wash. May 20 and 21. dendron plant and flower show ored by the Olympia Chapter, can Rhododendron Society. Place: ater State Park. Hours: 9 to 8 ay; 9 to 6 Sunday. Free. □

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GOPHER STRATEGY: Know your enemy. Choose weapons. Cross fingers

Eating plants, drilling tunnels, and piling up soil, the pocket gopher has long been an unwelcome guest in Western gardens. Although zoologists consider him beneficial in the general scheme of things, he's voracious and destructive in the garden.

As in war, a successful campaign against the gopher requires first that you know the enemy and then that you come up with a creative strategy to get rid of him. However, no single sure-fire control method has been developed.

Getting to know the enemy

Our gopher is properly known as the pocket gopher; "pocket" refers to his food-storing cheek pouches. The word gopher alone also applies to ground squirrels and a variety of tortoise and a kind of snake.

What most of us contend with is any of six species of the Western pocket gopher (*Thomomys*). To add to the confusion, two species of eastern American pocket gopher (*Geomys*) live in eastern Wyoming, Colorado, and New Mexico. Eastern New Mexico hosts a ninth species—*Cratogeomys*—a pocket gopher from Mexico.

Among the nine pocket gopher species there are hundreds of subspecies—some inhabiting only tiny regions. Relatively little is known about the different kinds, and it's possible that this great diversity accounts for the varying degrees of success in controlling them. It also may explain why in some neighborhoods pocket gophers are much more difficult to banish than in others.

Pocket gophers spend almost all their time underground, a home to which they're well suited. Their eyes and ears are small to avoid getting clogged with dirt and their strong, clawed forefeet and powerful shoulder muscles are ideal for digging. Very small hips enable them to turn around in tight spaces, and if a gopher can't turn around in a tunnel, he can run backwards almost as quickly as forwards.

A pocket gopher makes a system of tunnels. Near the surface, he digs long winding tunnels as he searches for food. Deeper down, he digs a main tunnel and several chambers for sleeping, raising young, storing food, and depositing feces. To carry excess soil to the surface, he digs inclined lateral tunnels.

Acting like little bulldozers, poc gophers push soil out of their burro with their chests and forefeet. They posit this soil at the ends of the late tunnels in fan-shaped mounds. T shape of the mound distinguishes from a mole's mound, which is typica circular.

The hole in the center of the mou also distinguishes mole mounds fr pocket gopher mounds. Except dur house cleaning, a pocket gopher ke its holes plugged with soil for protect and to maintain the temperature humidity of the burrow. Mole holes left open.

Pocket gophers are intensely antisoc Most of the time they live alone in t own system of tunnels. A female admit males to her burrow at breed time, and that's about it. A number gophers can live in very close proxim but not in connecting systems. T seem to avoid one another's tunnels listening for nearby activity. Excep mating time, adult gophers fight ciously if they meet.

A tunnel system must be large eno to provide enough food for its inh tant. A young gopher's system cover an area of only 200 square but an old established female's sys may take in up to 2,000 square feet.

Females breed once or several tim year. Three times is about typical. tation takes 18 or 19 days and a br may include up to 12 young, with average of 5 or 6. Young gophers weaned at two months and are imm ately driven out by the mother. Ur they find a vacated burrow or can es lish a new one, they soon perish. A vivor's life expectancy is approxima three years.

Owls, hawks, foxes, badgers, coy weasels, and snakes eat gophers. S cats and dogs, especially cats. Supp sion of their wild predators has prob contributed to the burgeoning go populations.

Pocket gophers are active at all h and in all seasons.

In snowy regions, gophers move ups for the winter and burrow through snow to feed on grass and other pl They tend to be most active from d to mid-morning and from late after

dusk.

the wild, gophers serve a definite pur-
ose. Like earthworms, they open up
e soil and introduce organic matter.
ome alfalfa farmers in Washington say
at pocket gopher activity improves
op quality.

lotting your strategy

ire-kill methods include trapping,
ooting, and clobbering. Trapping is
e most popular and the Macabee trap
favored. You set a pair of them in a
ain tunnel facing in opposite direc-
ons. Some gardeners get best results if
ey seal the excavation when they set
eir traps; others leave them open. Try
th ways and see what works with your
phers.

nchor each Macabee trap with a wire
chain attached to a stake or cross-
ece handle to prevent the trap from
ing dragged back into the tunnel by
e victim. Gophers pick up quickly on
at's happening. If you find a sprung
p with no gopher in it, you might as
ll give up on that method. An escapee
ll rarely venture near a trap again.

x traps are almost as effective. They
cumbersome, however, and you have
dig a substantial hole to lower one
o the burrow.

few people successfully use baited rat
ps set just outside a gopher's hole.
is can provide an immediate, painless
mise for the gopher but it poses a
zard for other animals.

phers have sensitive noses and can be
racted to traps with bait. Rat traps
st be baited, box traps usually are,
l Macabee traps can be. Successful
ts include green onions, young leeks,
ds of grass, bunches of wild morning
ry, torn lemon or orange leaves, ten-
bamboo sprigs, pieces of broccoli,
ely cooked bacon, and commercial
chnine-laced bait.

bbering is a method for the agile and
ry gardener. Spades, hoes, golf clubs,
l baseball bats have been used on vic-
s driven from their holes by flooding
gassing.

oting can also work but it is illegal
most settled areas.

t-of-sight kills

ssing and poisoning are the most pop-
methods of killing gophers out of
t, in their burrows.

standard poisons are commercial
s laced with strychnine. Deposit the
in the deep, horizontal main tunnel
er than in the shallow feeder tunnels
lateral mound tunnels. To find the
n tunnel, push a curtain-rod-size
be into the ground until it gives.

chnine is extremely poisonous to
ple, birds, mammals, and fish. Han-
it with extreme care. Place the bait
where the gopher will get it and

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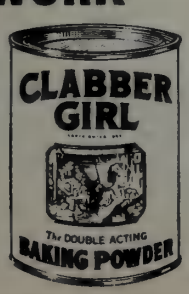

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watch that the gopher does not push it out of the tunnel and leave it exposed. Strychnine-laced gophers can be deadly if eaten by a dog or cat.

Gassing becomes truly effective only when all the gopher's exits are blocked. Otherwise it can result in an irate or groggy gopher escaping overland (where he can be directly dispatched if you are so inclined and adequately armed).

Gardeners tend to get better results from highway flares than from commercial gopher-gassers. You light the flare, stick it into a gopher hole, and pack loose earth from the mound around it to prevent the gas from escaping.

Carbon monoxide from a car's exhaust pipe can be delivered through garden hoses, vacuum cleaner hoses, or flexible metal conduits. Seal joints with rags and the tube entry place with loose soil.

Ammonia gas can be introduced by pouring household ammonia through a tube into a lateral or main tunnel. Deliver mothballs the same way.

To kill gophers with carbon dioxide gas, place brick-sized pieces or half-pound deposits of crushed dry ice into the gopher's hole or directly into the main tunnel. Of all the poisoning methods, this is the kindest and safest, but handle the dry ice with care to avoid burns.

Ways to send them packing

There are also various nonlethal gopher control methods that make him so unhappy that he moves on. Most have the advantage of being long-lasting and give a measure of satisfaction even though they may not be altogether effective. At least you know that your unwelcome guest is having a hard time of it.

Flooding rarely drowns a gopher, but you can kill it as it tries to escape cross-country. Flooding may also deep-water your trees. In most of the West, there's enough water this year to afford gopher flooding.

Gopher-repelling plants have a wishy-washy reputation; it's too easy for a gopher to skirt a border of garlic or daffodils. Castor bean and gopher plant (*Euphorbia lathyrus*) are also gopher repellents but don't have as much going for them as garlic and daffodils. Years ago, a California reader of *Sunset* described the ultimate gopher-proof landscape: oleanders and used bricks.

Gophers seem sensitive to sound and vibration. Many gardeners have succeeded in driving and keeping them away with noisemakers. In breezy areas, noisy windmills can be effective. The old-fashioned standard is a small windmill mounted on a staked weather vane driven into the soil. Blocks of wood a tached loosely to the propeller kno against the shaft. Manufactured plast sunflower pinwheels on metal stak seem to work too. Although some ga deners have had stunning success wi windmills, others are convinced that g pher mothers lull their babies to sle with the noise.

Odoriferous materials you might use disgust the sensitive noses of your g phers include fish scraps, dog droppin mothballs, spoiled garlic, or a dead g pher. Or stuff thorny rose prunings (pieces of pyracantha, barberry, ras berry, or gooseberry) into holes through the middle of tunnels to st them cold.

The last resort

What if your gophers refuse to trapped, poisoned, gassed, clubbed, otherwise tricked? The one protecti left is actually the closest thing to su protection: line all your planting ho and beds—sides and bottoms—with inch galvanized wire mesh. Use lig gauge mesh for tree and shrub planti holes where protection must last o while the plant is young and vulnerab Use a heavier mesh for permanent be And be sure to place the mesh de enough to accommodate growing r crops and bulbs.

LET'S CLEAR THE AIR ABOUT SPRAY PAINTING.

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Is there a better way to bandage the wounds of pruning?

STEVE W. MARLEY

Tape *speeds healing of pruning cut at left. At right, compare two sides of a year-old V-cut. Right side was taped, shows callus that comes with good healing; untreated side shows almost no healing*

er you prune, it's often a good idea to seal larger cuts with ıething. For a long time, that something has been commer- asphalt pruning sealer—even though its effectiveness has ı in doubt for at least 50 years.

v a bonsai expert in Japan has found a promising replace- ıt: aluminum duct tape.

photographs show results of California nurseryman chi Domoto's experiments with the tape over the past few s. The tape helps tree wounds heal by holding in moisture. Domoto speculates that it also helps by reflecting heat ead of absorbing it as would a bare cut or black tree seal; is important since many plant tissues stop growing at ı temperatures.

per healing of cuts is especially important with bonsai, since cuts that heal poorly or die back can mar the artistic effect. It's also important after annual pruning of any deciduous tree; fruit trees seem to respond particularly well to bandaging with duct tape.

In general, use the tape to seal cuts from ½ to 6 inches in diameter (its benefit to larger cuts hasn't been tested). It's best to tape as soon as possible after pruning, but you might also tape any large uncoated cuts made earlier this year.

A 30-foot roll of 2-inch-wide aluminum duct tape costs about $1.50. You can tear it easily to the length and width you need, even into tiny patches for ⅜-inch-diameter limbs. It usually adheres from one to two years, even over cuts that are sticky with sap. If the tape does loosen before the cambium grows over cut edges and hardens, replace it with new tape. □

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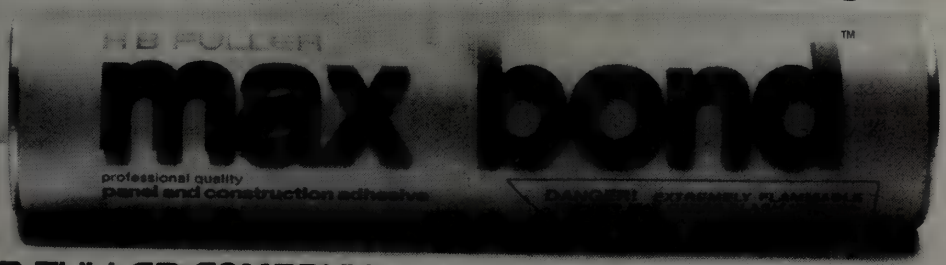

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NORTHERN CALIFORNIA

Modesto. April 8 and 9. Show presented by the Modesto Bonsai Club. Place: State Savings and Century Bank, 12th and L streets. Hours: noon to 7 Saturday; 10 to 4 Sunday. Free.

San Francisco. April 8, 18, and 25. Continuing lecture series sponsored by the Strybing Arboretum Society. Place: Hall of Flowers, Golden Gate Park, Ninth Ave. and Lincoln Way. Hours: 10 to noon. For information on fees and lecture topics, telephone the society office, (415) 661-0822.

Berkeley. April 9. Open house by the Friends of University of California Botanic Gardens, with sale of plants of economic use, spice and herb plants, those useful to Indians and early settlers, and others. Also featuring complimentary herb tea served all day, and guided tours of the Gardens. Place: UC Botanic Gardens in Strawberry Canyon, Centennial Drive above the campus. Hours: 9 to 4. Free.

Saratoga. April 9. Open house at the Louis Saso Herb Garden, 14625 Fruitvale Ave. Hours: 10 to 4. Free.

San Rafael. April 12. Flower arranging program by Ron Morgan, presented by the Peacock Gap Garden Club. Place: Loch Lomond Yacht Club, 95 Loch Lomond Dr. Hours: 9:30, coffee; program, 10:30 to noon. Donation: $1.50.

Pacific Grove. April 14, 15, and 16. Seventeenth annual wildflower show presented by the Museum of Natural History, 165 Forest Ave. Hours: 10 to 5 daily. Free. Over 500 freshly picked wildflowers of various kinds are gathered from within the borders of Monterey County for the exhibition.

Mountain View. April 15. Show of iris horticultural specimens and artistic arrangements by the Westbay Iris Society. Place: Mayfield Mall, San Antonio Rd. and Central Expressway. Hours: 9 to 5. Admission: free.

San Francisco. April 15. Plant sale sponsored by the Strybing Arboretum Society. Place: Hall of Flowers. Hours: 10 to 3. Unusual materials, including native plants and plants propagated from arboretum stock, will be on sale. This is the only place where you can buy the Malaysian rhododendrons shown at lower left on page 125.

Gridley. April 20. Annual flower show and plant sale presented by the Green Thumb Garden Club. Place: IOOF Hall, Sycamore and Ohio streets. Hours: 11 to 5. Admission: free.

San Mateo. April 21. Plant sale by the Beresford Garden Club. Place: Hillsdale Methodist Church Recreation Hall, 36th Ave. and Hacienda St. Hours: 10:30 to 3. Free.

Fresno. April 22 and 23. Annual show and plant sale sponsored by the Fresno Su-Cacti Society. Place: Thomas Elementary School, 4444 N. Millbrook Ave. Hours: noon to 5 Saturday; 10 to 4 Sunday. Admission: free.

Moraga. April 22 and 23. Third annual flower show of the Moraga Garden Club, presented in conjunction with the "Tulip Festival"; at Hacienda de las Flores, 2100 Donald Dr. Hours: 10 to 4 Saturday; noon to 4 Sunday. Free. For information about entering the competition, telephone Mrs. Warren Engstrom (415) 376-4695.

Sacramento. April 22 and 23. African violet show sponsored by the Capital City African Violet Society. Place: Shepard Garden and Art Center, 3330 McKinley Blvd., Hours: 2 to 6 Saturday; 10 to 5 Sunday. Free.

Chico. April 23. Second annual exhibit by the Chico Bonsai Society. Place: Community Center, 545 Vallambrosa Ave. Hours: noon to 5. Free.

Saratoga. April 23. Wildflower and native plant sale by the California Native Plant Society, Santa Clara Valley chapter. Place: Saratoga High School, Harriman Ave. and Saratoga-Sunnyvale Rd. Hours: 10:30 to 4:30. Experts from the local chapter will have as many as 300 specimens identified; plant seedlings and books on natural history will be on sale.

Stockton. April 23. The 25th annual rose show presented by the Stockton Rose Society. Place: Memorial Building, Micke Grove Park (N. Micke Grove Rd. off U.S. Highway 99, between Stockton and Lodi). Hours: 1 to 5. Free.

Boonville. April 23 to 24. Wildflower show presented by the Garden Section of the Anderson Valley Unity Club. Place: Mendocino County Fairgrounds. Hours: 10 to 5 both days. Free.

Santa Rosa. April 28 and 29. Annual flower show and plant sale presented by the Santa Rosa Garden Club. Place: Luther Burbank Art and Garden Center, 2050 Yulupa Ave. Hours: 1 to 8 Friday; 10 to 4 Saturday. Admission: free.

Rohnert Park. April 29. Tenth annu flower show of the Rohnert Park Garde Club. Place: Community Center, 742 Burton Ave. Hours: 1 to 9. Free.

Stockton. April 29. Central Valley Ro Society show. Place: Breuner's, 7676 P cific Ave. and Hammer Lane. Hour 10 to 5. Free.

Jackson. April 29 and 30. Jackson Ga den Club flower show and home garde tour. Place: Woman's Club House, Sur mit St. Hours: 11 to 4 both days. F tickets ($2) and information, conta Mrs. L. Bartleson, 150 Clinton St., Jac son, Calif. 95642.

Los Altos. April 29 and 30. Show pr sented by the Kusamura Bonsai Clu Place: Los Altos Civic Center, 1 N. S Antonio Rd. Hours: noon to 9 Saturda 10 to 4:30 Sunday. Free. A demonstr tion of bonsai technique will be giv each day at 2 P.M.

Monterey. April 29 and 30. Thirtieth a nual tour of historic adobes and th gardens, sponsored by the Monter History and Art Association. Hours: to 5 Saturday; noon to 5 Sunday. Tick sold on tour days at Casa Serrano, 4 Pacific St.; by mail, make check payal to the sponsor, Box 805, Monter Calif. 93940. Donation: $5; students a military personnel, $2.50.

Morgan Hill. April 29 and 30. Ann flower show of the Morgan Hill Flow Lovers Club. Place: Friendly Inn, H Ave. near Main St. Hours: 1 to 6 S urday: 10 to 5 Sunday. Free.

Vallejo. April 29 and 30. Ninth ann bonsai exhibit presented by the No Bay Bonsai Club. Place: Dan Fo Park. Hours: noon to 6 Saturday; 11 5 Sunday. Free.

Fresno. April 30. Twenty-ninth ann rose show presented by the San Joaq Valley Rose Society. Place: Fresno Fa ion Fair Mall, Shaw Ave. and First Hours: noon to 5. Free.

Millbrae. April 30. Show by the M brae Recreation Bonsai Class. Pla Recreation Center, 477 Lincoln Cir Hours: 10 to 5. Donations welcome.

Napa. April 30. Napa Valley Gar Club annual "Carnival of Flowers." D plays will consist of flower arrangeme cut flowers, and potted plants. Pla Senior Center, 1500 Jefferson St. Hou noon to 4. Free.

Redwood City. April 30. The 21st nual rose show sponsored by the Pen sula Rose Society, in cooperation w the Redwood City Parks and Recreat Department. Place: Community Act ties Building, 1400 Roosevelt A Hours: 1:30 to 6. Free.

Oakland. April 30 through May 7. 46th annual California Spring Gar Show, sponsored by the First Dist

-icultural Association of the State of ifornia, with the cooperation of the kland Office of Parks and Recreation. ce: Lakeside Park Garden Center, Bellevue Ave. Hours: 9 to 6 daily ept May 7, when the doors will close and reopen at 4:30 for a sale of nt materials from the show. Admis- n: $2 for adults; $1.50 for senior citi- s; $1 for ages 12 through 16; under free.

untain View. May 4, 5, and 6. Show sented by the African Violet Society South Bay. Place: Mayfield Mall. urs: 2 to 9 Thursday; 10 to 9 Friday;) to 4 Saturday. Free.

ldsburg. May 5 and 6. Flower show sented by the Healdsburg Garden b. Place: Federated Church annex, Fitch St. Hours: noon to 5 Friday; o 4 Saturday. Free.

ertino. May 6 and 7. Twenty-second ual iris exhibition and plant sale pre- ed by the Clara B. Rees Iris Society. e: Vallco Fashion Park, Wolfe Rd. Stevens Creek Blvd. Hours: noon to) Saturday; noon to 4 Sunday. Ad- sion: free.

ramento. May 6 and 7. Eighteenth ual Cactus and Succulent Society w. Place: Shepard Garden and Art ter. Hours: 2 to 6 Saturday; 10 to 5 day. Free.

Jose. May 6 and 7. Thirtieth an- show of cut roses and arrangements he Santa Clara County Rose Society the Parks and Recreation Depart- t. Place: Leininger Community Cen- Kelley Park, 1300 Senter Rd. Hours:) to 9 Saturday; 9 to 4 Sunday. Free.

LORADO

ver. April 8. Film or slides on a icultural subject, presented by the ver Botanic Gardens on the second rday each month except May. Place: ure Room C, Education Building, dens, 1005 York St. Time: 1:30 P.M. ission: free.

ver. April 15. Bus tour to Fort Col- to visit CSU Solar Energy Applica- Laboratory and other solar facilities. nsored by Colorado State University nsion Service, Adams County. For stration and information, write to ms County Extension Office, Route ox 120P8, Brighton, Colo. 80601, or phone (303) 659-4150.

ver. April 22 and 23. "Bulb" sale ented by the Dahlia Society and the diolus Society. Place: Denver Botanic den. Hours: 10 to 3. Free.

ver. May 6. Bus tour of Denver area heated residences, both active and ive, sponsored by Colorado State versity Extension Service, Adams nty. For registration and informa- contact the extension office listed April 15 item above. □

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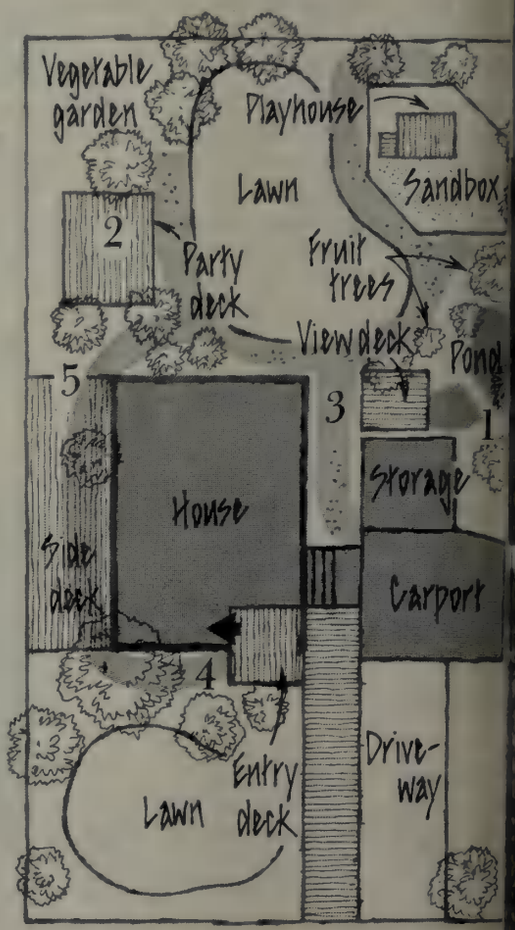
1 • *A plank bridge and fish make the pond as fascinating a play area as the official sandbox in the rear. This is the scenic route from the carport to the party deck*

2 • *Guests can sip lemonade in the shade or pick corn, raspberries, other crops near the party deck. Chains anchor cantilevered sun screen fore and aft*



Network of paths *(light gray line) conn garden units: five wooden decks, sandl vegetable and fruit gardens, pond, shady no Numbers correspond to numbered photogra*

Utah garden of many parts ... fruits, vegetables, pond, lawn, play spaces, paths, decks

Every square foot of space in this Midvale, Utah, yard has been carefully utilized. Five decks (including the flat roof of the playhouse) and two lawns provide ample space for guests and children's play. Fruit trees, raspberries, strawberries, and herbs blend with pines, birches, and ornamental ground covers to form a landscape that's productive as well as good looking.

Before starting any construction, Bill and Lori Pendleton laid out curves with garden hoses, and studied the interrelationship of different parts from the house roof. Then they built the garden in sections over five summers.

At the front property line, mounds of earth 1 to 1½ feet high break the monotony of a flat tract and discourage short cuts across the lawn. Large, partially embedded rocks help to anchor soil; Peruvian verbena and ajuga carpet the remainder.

A wooden walk leads to the entry landing, now enlarged by the addition of an 8-foot-square deck.

Soil left from regrading gives instant height to a pine tree strategically placed in front of the door for privacy. A path of tree-rounds leads from the deck along the house and continues to a bi shielded passage to the sideyard dec

The sideyard deck converts 360 sq feet of unused space into a new outd room. Sliding glass doors from the li room and master bedroom open int Trees at both ends of the deck, plus growing through it, will provide sh and privacy; meanwhile, wooden p tions and a sun screen fill these need

In the back yard, decks and minigr are arranged so that guests of any have a choice of places to go, and ad can see youngsters without having t underfoot.

3 • *Gravel and redwood bark surround tree rounds along main pathways. Telephone poles anchor mounded areas, provide seats for small people*

4 • *More wooden rounds form steps and path to lead from entry deck to side deck along the front of the house. Sweet alyssum and geraniums soften the look of telephone poles and rock-supported mounds*

DON NORMARK

Sneak path through ajuga, verbena, and trees leads from side deck to back yard.
Deck extends to property line fence, raises area to floor level.
Barrel and low planters add greenery and flowers to the view from the house

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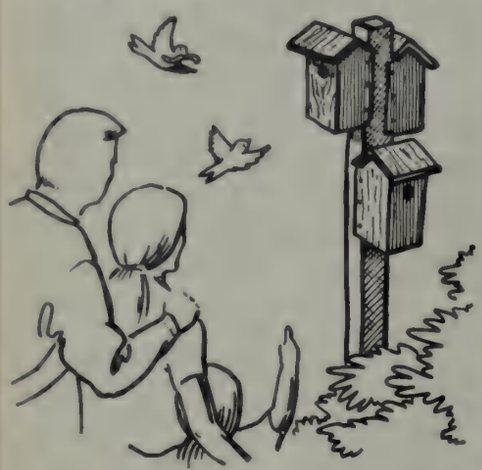

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DON NORM

Give it time *and a rhododendron can do this: 10-by-15-foot 'Pink Pearl' in Vancouver is over 30 years old*

Beautiful rhododendrons?

In the Northwest, it's fairly easy, in California you have to help them

Thin, hair-like *roots form a thick ball. They require crumbly soil mixture high in organic content*

Once you've seen rhododendrons in glory (as on page 125), it's hard to sist the urge to plant some in your garden. But can you give them the r climate, soil, and water?

The ideal rhododendron climate is in cool coastal belt that extends from the Canadian border south to the M terey Peninsula (zones 4 to 6 and 1 17 in the *Sunset Western Garden Bo* Within this coastal strip, in Washing Oregon, and California's redwood rhododendrons are almost as easy privet. In the denser, more alkaline of other parts of California, they more effort. Inland, heat and low midity limit the kinds that bloom ably, and plants require more water

Despite their reputation as shade lo rhododendrons need substantial sun to form a full quota of buds and to fairly compact. Near the coast, kinds will take full sun or partial sh Inland, they require filtered shade in afternoon. Plants getting too much will look burned around the leaf

ps. (Brown leaf margins probably indi-
te salt or fertilizer burns if mostly on
e margins of older leaves; browned
ges on new leaves indicate windburn.)

ne soil goal: perfect drainage

hododendrons require acid soil high
organic material; it must drain rapidly
t retain moisture.

ven when the planting hole is wide and
ep, and filled with a perfect planting
xture, if the surrounding soil drains
wly your plants are likely to have
uble. Rhododendrons need drainage
perfect that overwatering is almost
possible. In most of California, that
ans planting above ground level, in
unds, raised beds, or containers.

e growing medium should consist of
out three-quarters ground bark,
arse sawdust, lava rock, or similar
terial. A good combination is one
rt of each of these three materials to
e part garden soil. Add a source of
rogen, such as treated sewage sludge.
any professionals now recommend
nting rhododendrons right on the soil
face: Loosen soil where the plant is
go, and spread a thin layer of lava or
vel for drainage. Have on hand an
ple quantity of moistened planting
dium. Place root ball on top of the
inage material, and pull the planting
dium up around roots to form a low
und. You may need to frame the area
h boards or rocks to hold the soil
xture in place, and to stake large
nts until roots are well established. If
soil mixture gets dry and tends to
d water, use a soil penetrant for bet-
absorption.

en planting rhododendrons from a
, shave off any roots circling the root
ss before planting. If you replant into
ontainer, repeat this root trimming
ry few years.

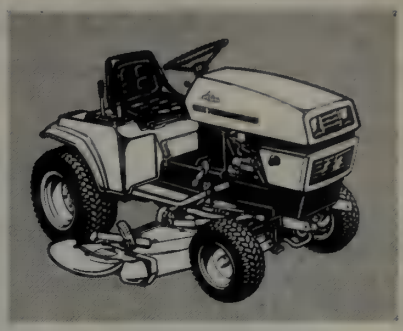
tering and feeding

odendron roots are very fine, and
w mostly within the top 12 inches of
soil. In very hot weather, brief over-
d watering each evening relieves
ss by cooling the foliage and roots.
root area should never become hot
dry.

hough azalea-rhododendron food
kages may recommend feeding once
onth, most gardeners find that feed-
two to four times a year is quite
quate. If leaves yellow while veins
ain green, apply iron sulfate or iron
late.

nd heat also may push many varie-
into a second flush of out-of-season
wth instead of allowing flower buds
form. Avoid this second growth by
ering and feeding only as required
eep plants healthy, and by switching
n a complete fertilizer to 0-10-10
r flowering. □

Ask these questions before buying any Garden Tractor.



When you're shopping for a garden tractor, Ariens feels that taking the time to compare various tractor makes will be a rewarding experience and time well spent. Ask questions about each like:

1. **How easy is it to attach and remove implements from your tractor like a Mower — Tiller or Snow-Thrower? — SHOW ME**
2. **Are the attachments for your tractor Shaft Driven or Belt Driven? — SHOW ME**
3. **Can I use more than one attachment at the same time on your tractor?**
4. **Do you offer a 2-stage Snow Thrower for *All* your Garden Tractors?**
5. **What is the capacity of your tractor's gas tank?**

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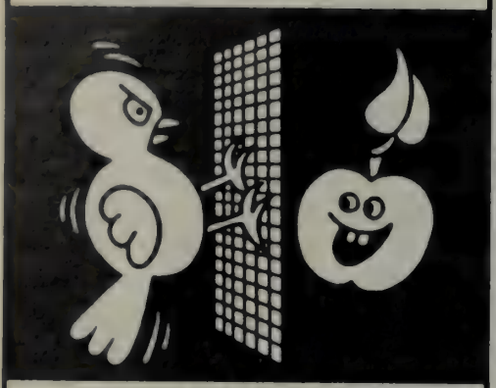

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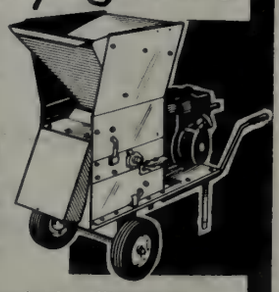

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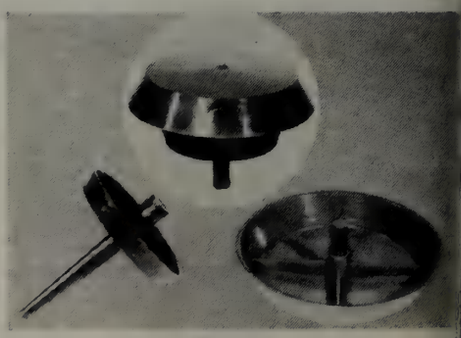

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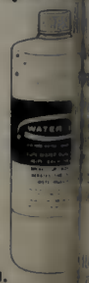

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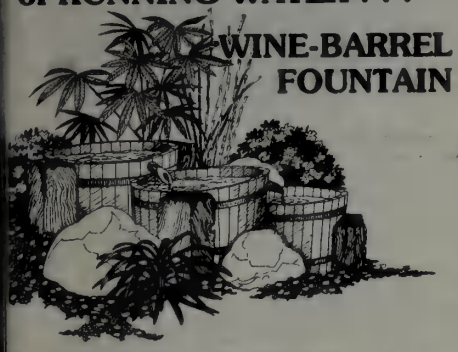

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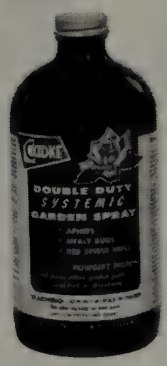

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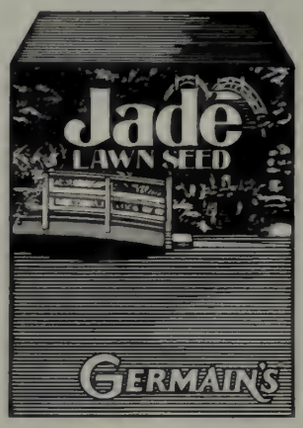

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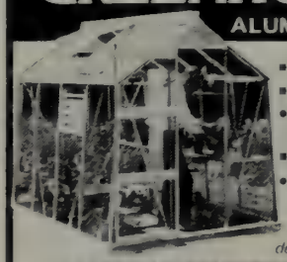

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WILLIAM AP

Potted plants *show typical fleshy leaves. 'Constant Nymph' (left) has lavender flowers, Rexii hybrid (right) pink and red*

Streptocarpus... worth looking for

Neither a throat infection nor an ar biotic, streptocarpus is a graceful ho plant anywhere and an outdoor plant the frost-free parts of Southern Calif nia and the San Francisco Bay Area has been difficult to acquire for a f years, but plants are now becom more available in department store g den centers and nurseries.

This native of South Africa and Ma gascar has fleshy, slightly hairy lea that grow 8 to 12 inches long and ab 2 inches wide. Flower colors range fr white through various shades of p to deep rose-red and violet-blue; throats are often marked with a c trasting color. The 2 to 2½-inch-w trumpet-shaped flowers atop 3 to 9-i stalks bloom on and off all year, m heavily from fall to spring.

Streptocarpus isn't fussy about soil does best in a light potting mix (such African violet mix). Provide bright, i rect sunlight and night temperatu between 55° and 65°. Water when is fairly dry, but don't let the plants out completely. Feed with a comp fertilizer or a slow-release product d ing bloom season.

You can easily propagate plants fr seeds or leaf cuttings. To encour seed to set indoors, use a small brus collect pollen from one flower, t lightly dab the brush into anot flower. Leave the back end of the sp bloom on its stalk until the tiny se have formed.

To make leaf cuttings, cleanly slice 1 to 2-inch-long pieces of healthy tissue and allow cut ends to dry. P the basal end of each cutting int moist rooting medium such as sand vermiculite, and cover the cuttings w an inverted jar. Small plants should s forming in one to two months.

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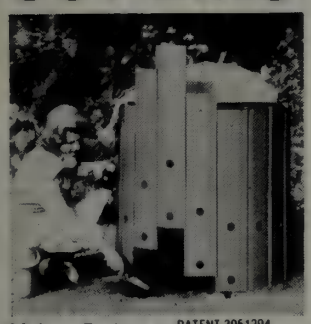

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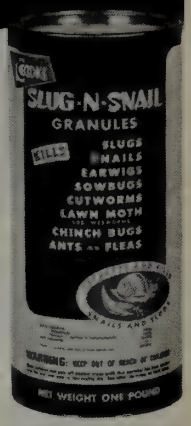

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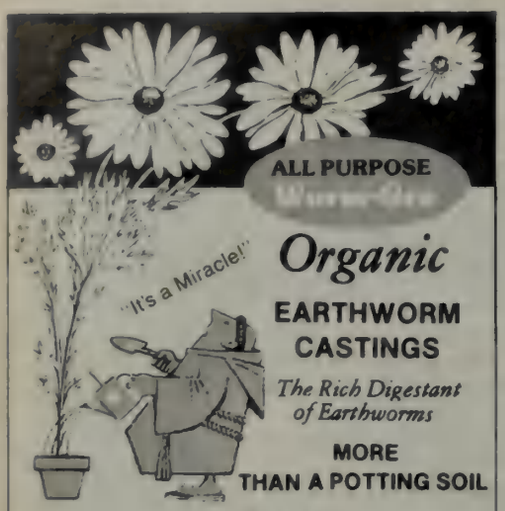

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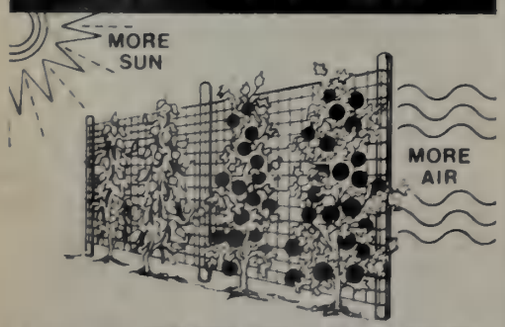

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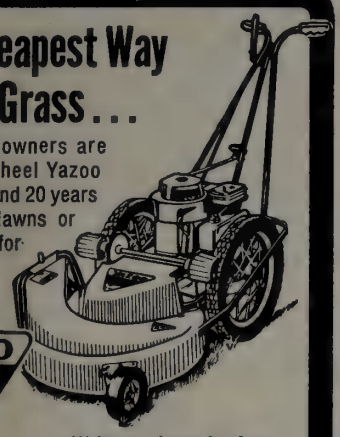

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Stones, *header boards, and perforated pipe catch runoff from terrace in center picture, protecting adjacent flower beds. Designer was R. David Adams for Mr. and Mrs. M. J. Glerup of Seattle*

Concrete cap blocks *surround brickwork on Denver terrace pictured at right; runoff flows into drain channels between the blocks. The landscape architect was Jane Silverstein Ries*

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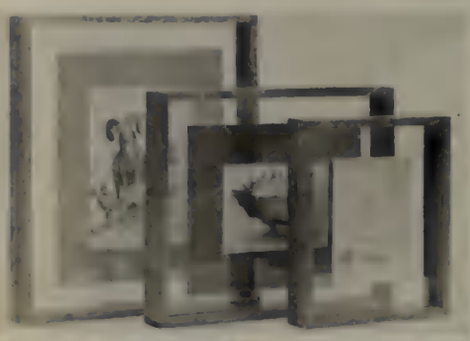

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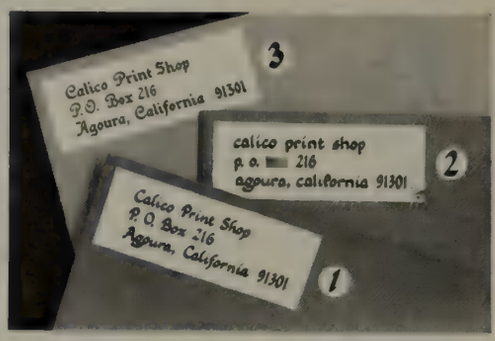

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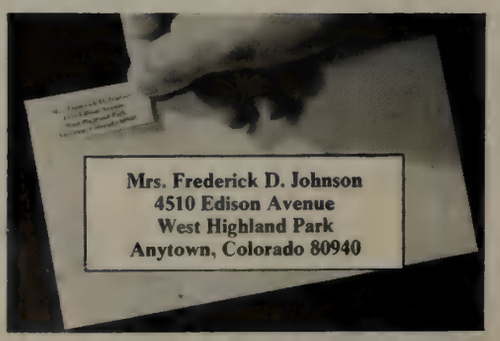

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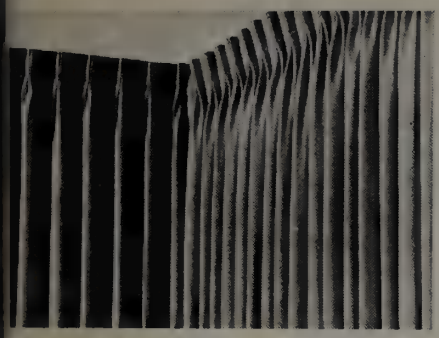

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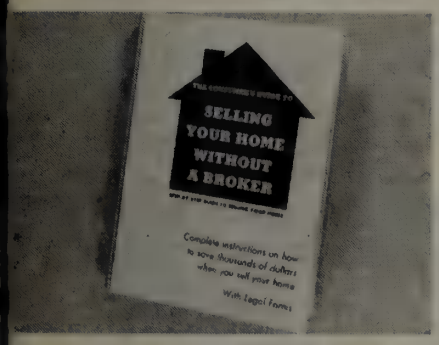

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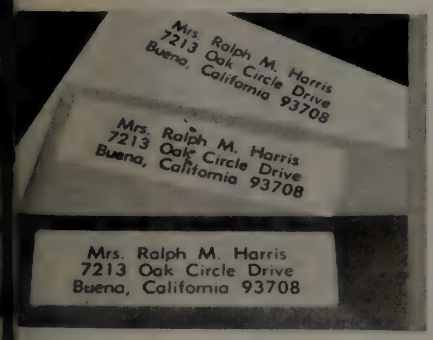

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The downy leather-winged beetle comes upon the garden scene this month. It's not a creature to fear, but one to respect. The adult beetle *(Podabrus pruinosus)* joins ladybugs, lacewings, and other helpful predators as an effective ally against aphids, possibly scale, and other garden plant damagers.

To encourage them to stay, avoid insect sprays while they're around. And if you find a stray beetle, you can help it into your garden. Flying about weakly, they're easily caught. You'll see the adult beetles this month in the Southwest, later in the north.

Easily identified, this small, slender creature (shown above) has a fine fuzz on its soft back—hence the name downy leather-winged beetle. Its stomach is dark brown with an orange margin.

Their adult life is short—you'll probably see them for only two or three weeks—but fortunately they lay eggs before dying. The grubs spend eight to nine months in the soil, garden litter, or lawn roots, feeding on garden pests even more voraciously than their parents. They're pink, velvety, and about ¾ inch long.

Other kinds of helpful leather-winged beetles, looking very much like this one, may appear later in the summer. You may also see two not-so-similar leather-winged beetles this spring. Both have the same aphid diet. One is black and yellow and about ¼ inch long; the other is yellowish brown and also feeds on citrus mealybug in California.

It's always a good idea to take a close look at such critters in your garden. That unfamiliar insect just may be helping to keep your garden pest-free. □

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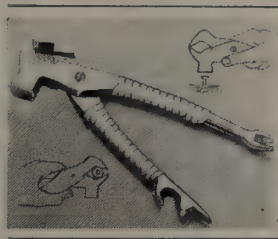

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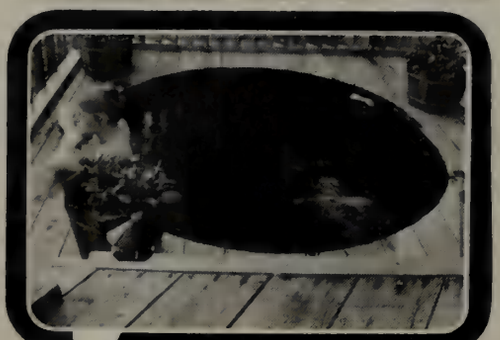

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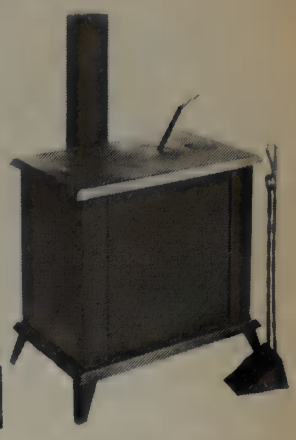

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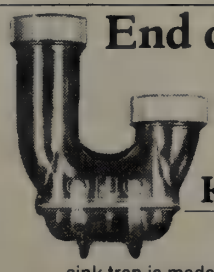

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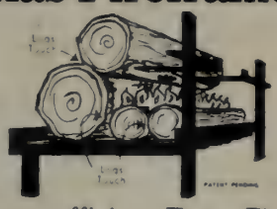

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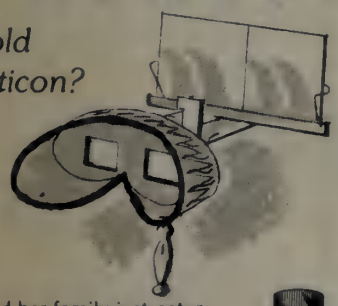

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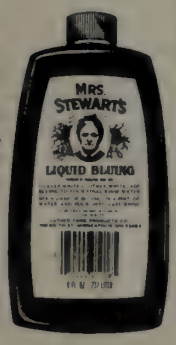

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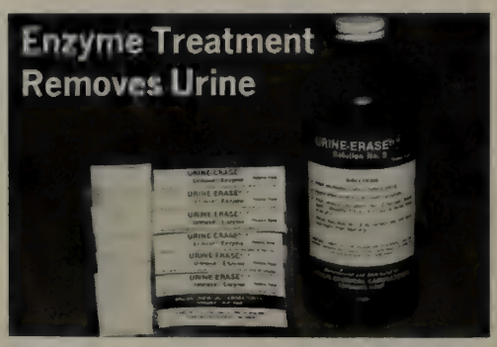

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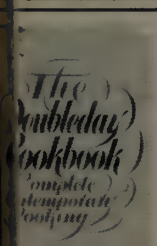

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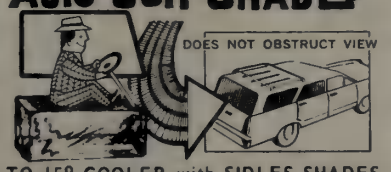

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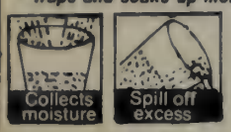

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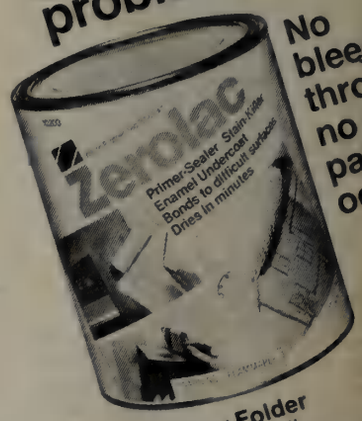

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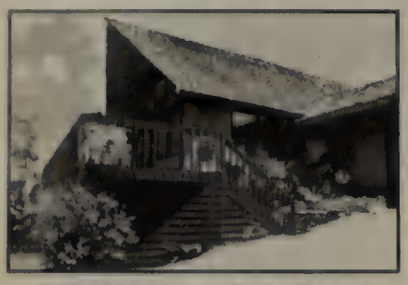

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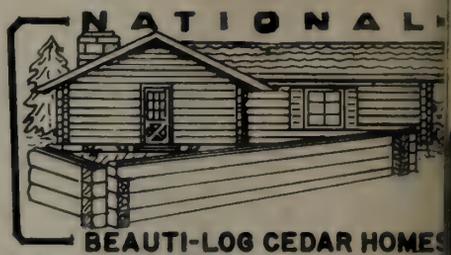

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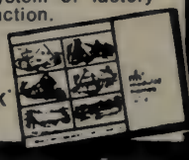

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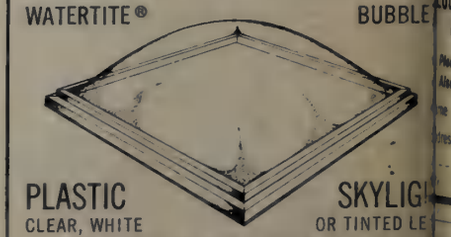

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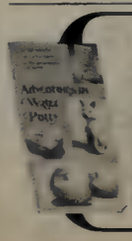

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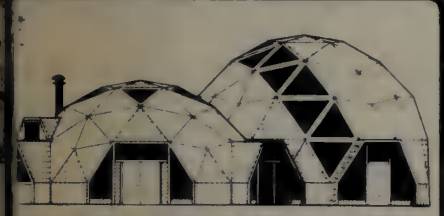

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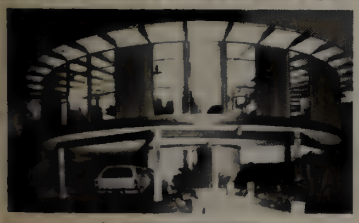

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50 years of park innovation

California's state park system celebrates its 50th birthday this sprir marking a half-century of achievement that has provided a nation model for natural preservation and park development. (Some Califo park innovations—reservations for one—have been picked up by National Park Service. And the two systems often work togethe in jointly administering Redwoods National Park.)

Today's state system is large—258 sites with almost 900,000 a It's busy—more than 56.6 million visitor-days of use per year at count. And it's diverse—encompassing scenic areas, primitive wil ness, intensively used recreation areas, historical units, underw parks, even a "sky trail" over Anza-Borrego Desert State Park t used by touring pilots. Most important, the state parks preserve s of the best examples of California's unusually diverse ecology.

But California's state parks are confronted by changing times, and 1970s have brought two important responses.

In 1974, with parks overcrowded, land prices rising, and fuel becor scarce, voters approved a $160 million bond issue for land acquis (ultimately, close to 52,600 acres) and park development.

And more recently, plans are underway to bring the park experi into the city scene with "urban" state parks, and to take a new loc the "recreation" part of the Department of Parks and Recreation's

Several questions are evolving. Should the state itself establish u park sites, or channel funds and planning help to local governn instead? Should actual ownership of state urban parks pass to local ernment, so they can be operated under less stringent standards possibly at less cost? Should the state go more into the busines organized urban recreation?

And what is an "urban state park"? Traditionally, while meeting needs, park lands have been chosen for their statewide importance

Testing ground for many of these questions will be the new Ca stick Point State Recreation Area on San Francisco's sout boundary: over 100 acres of prime bayfront wrapping around the sports stadium. Now just debris-covered landfill, the park will be d oped with hiking and biking trails, fishing piers, beaches, and na areas. Citizen-involvement planning workshops have been held, portions of the new park may be open as early as 1979.

While some healthy controversy will surround this new approach California state park system shows signs of being as innovative d its second half-century as during its first. Birthday wishes are in o with thanks to the generations of government leaders and public port groups—like the California State Parks Foundation, Save Redwoods League, the Sempervirens Fund, and especially the st voters—who have made California's great parks possible.

WINDOW ON THE WEST: *San Simeon*

Nature isn't the only treasure of California's park system. Tucked into the coastal Santa Lucia Mountains about 40 miles north of San Luis Obispo, the 159-acre Hearst San Simeon State Historical Monument preserves the grounds, buildings, and priceless art and furnishings of William Randolph Hearst's legendary estate. (The twin-turreted Hispano-Moresque mansion "La Casa Grande," left, is commonly called "Hearst Castle.")

San Simeon is open daily except Thanksgiving and Christmas by tour only; reserve through ticket outlets or by writing to Reservation Office, Department of Parks and Recreation, 1416 Ninth St. Sacramento 95814. Cost is $5 for adults, $2 for children 6 through 17.